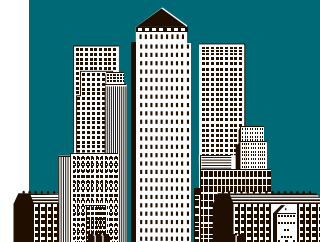


# the Wharf

wharf.co.uk

**FREE**

DECEMBER 12, 2013



Jason Donovan on martians, Priscilla and *that* wedding

P12



P45

**WIN** dinner, a movie and Hobbit goodies

## Inside



### BAGS FULL OF CHEER

Wharf's donations bring smiles to the faces of day centre visitors **P4**

### Oops!

New mall store aims to offer a cracking service

**P6**



### Gift guide



Short of time? These gift ideas are all close at hand

**P11**

## JOLLY WOOD



### Wharf's lively neighbour unveiled

**T**he latest masterplan for the Wood Wharf project has been submitted to Tower Hamlets Council. The centrepiece of the predominantly low-level community development is a distinctive skyscraper packed with luxury apartments. Canary Wharf Group has made a shift away from corporate towers to development with

more of a community feel including facilities for live-work hubs and social space that creates the sort of buzz intended to foster entrepreneurial clusters. It says the ambitious scheme will be "defined by a network of high quality parks and public squares with a kilometre of dock-edge walkways". Homes will range from park-side townhouses to

affordable housing and luxury penthouses in residential skyscrapers. Meanwhile, offices will be focused on creative media, technology and telecoms. There will also be more than 100 shops, restaurants and cafes. In total there will be 3,100 homes and 240,000sq m of office space. **Continued on Page 3**



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## WEATHER

**9C TODAY**  
Mostly sunny

**10C FRIDAY**  
Light rain

**8C SATURDAY**  
Partly cloudy

**11C SUNDAY**  
Light rain

**11C MONDAY**  
Light rain

## TRAVEL

**TUBE & DLR**  
DLR shut between Canning Town and Beckton due to Crossrail works on both Saturday and Sunday. Jubilee line is fine.

**ROADS**  
No problems.

## INSIDE

**NEWS**  
Pages 1-11

**WHAT'S ON**  
Pages 12 / 37-38

**PROPERTY**  
Pages 13-36

**LIFESTYLE**  
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**REGULARS**  
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Page 47



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## ONLINE

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ESTABLISHED 1998

# Agenda

## Innocent victim of pal's phoney war

I often half-heartedly defend Canary Wharf during conversations. Yeah, yeah, soulless architecture, trains don't have drivers, haterz gonna hate. But one thing makes me slam down my wine glass indignantly: the accusation that everyone in E14 is an evil corporate dark lord who eats small children for breakfast, after wrapping them in £50 notes.

That's an untrue stereotype, I shout. There are good Wharfers. From a range of industries. We are nice. We'd rescue kittens from trees and we want world peace. I will defend our honour.

I may have been hasty. Because,

### BLONDE'S EYE VIEW



ANGELA CLARKE

and I think deep down I've always known this, the Wharf has some of the most arrogant, presumptuous, and other words I'm trying to use instead of swears, "people" in the world.

They shove. They shout. They are very important. One such pinstripe pollutant barrelled off a packed train like a bowling ball taking out commuter pins, promptly knocking my pal's phone from her hand.

It clattered onto the tracks, and the suicide doors closed. He murdered her phone. He committed phoneicide. He's a menace to society and all those who check emails on the go, which

is everyone. His response to this heinous act? He tutted. He implied she brought the situation upon herself. She was three days without a phone because some jumped-up suit spore wouldn't wait his turn.

It's time to rein these bad boys and girls in. It's time to name and shame. Let's launch a new award to be given to the rudest, crudest E14 cjit. Go online and nominate those who are bringing Wharfers into disrepute.

The winner will be awarded a big trophy; a Wharf Anchor (W. Anchor for short).

Follow Angela on twitter: @TheAngelaClarke

## London eye



REUTERS

A statue of former South African President Nelson Mandela is festooned with flower in tribute to the statesman who died last Wednesday after a long battle with a lung illness.

### What our writers are talking about



■ After last year's performance as a shepherd, Master A has been asked to take on the role of that seasonal classic – a fish.

**Tabitha Ronson**

■ I am doing all I can to secure these much-loved and popular animals at Stepney City Farm a happy outcome.

**Jim Fitzpatrick MP**

■ Extremists such as these feel emboldened to pursue their cause because our muddle-headed society hesitates.

**Giles Broadbent**

■ With the benefit of hindsight I wonder whether he and his partners are beginning to regret the naming decision.

**Jon Massey**

## Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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**Email** newsdesk@wharf.co.uk

**Write** to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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## 60 Second Wharf

### MP raises fees question

MP Jim Fitzpatrick has raised the case of management fees in Parliament following complaints.

**News • Page 6**

### Tech City visa boost

Visiting Tech City, the Prime Minister has unveiled a new visa that will help with recruiting digital talent.

**News • Page 6**

### Santa in the museum

Children can visit Santa in a traditional setting as the Museum of London Docklands opens its grotto.

**Alive • Page 38**

### In the right direction

It's Est, not East India but despite a confusing name, the Borough curry house delivers its A in quality.

**Food • Pages 40-41**

### Win a bootcamp course

Shenda Falvey Personal Training is offering a New Year makeover for one lucky Wharfer.

**Health • Pages 42-43**

### Banker's insider guide

A former trader has written a guide that aims to help people understand the complex world of banking.

**Business • Page 44**



P42

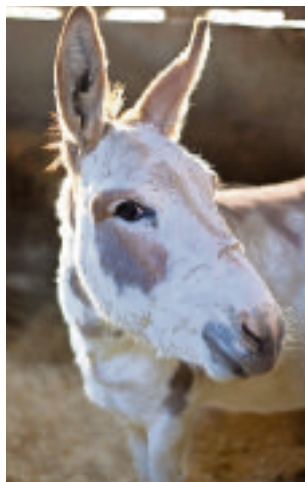


# Touch base with the Wharf

Read our free e-edition on your tablet at [wharf.co.uk](http://wharf.co.uk)

the **Wharf**





A walking nativity was aided by a real donkey and sheep on the Isle of Dogs last weekend. Mudchute Farm provided the animals, who joined Mary and Joseph and other characters in the story for a procession from Christ Church.

They travelled along Manchester Road before ending up at the farm where a crib was waiting inside a stable. Along with the farm and the church, the play on Sunday was being joint-organised by The Space Theatre.



KAY LOCKETT

## NEWS IN BRIEF

Around Greenwich

### Head leaves Free school after year

**GREENWICH** The headteacher of Greenwich Free School is stepping down after just over a year in charge.

Lee Faith oversaw the opening of the school in September 2012 but joins a long line of headteachers who have left the new format schools in under two years.

The Greenwich Free School's governing body said that it was "sad" to see Mr Faith go.

### Miley books her O2 Bangerz date

**GREENWICH** Controversial pop sensation Miley Cyrus is returning to The O2 for a one-off show as part of her *Bangerz* tour.

Tickets go on sale for the show on Friday. It will see her back at The O2, where she first performed in 2009. She will be at the North Greenwich venue on May 6. For tickets, priced £56.50-£69, go to AXS.com.

The album *Bangerz* reached number one in both the UK and US.



## Room to expand Level39 startups

From Page One

Some of the office space which will be expansion room for high-growth tech companies that might have begun as startups in the Level39 incubators space.

The first phase will include 884 homes in three buildings designed by Herzog & de Meron and Stanton Williams.

Sir George Iacobescu, chairman and chief executive of Canary Wharf Group, said: "This is an exciting new project which represents the continued redevelopment of east London almost 30 years after the original transformation of Canary Wharf began."

"The revised masterplan will create a strong and complementary mix of uses, and provide new homes, offices and retail spaces set within a network of streets and public spaces, designed to support the social life of new residents, employees and the surrounding community."

"It is a reflection of the demand we are seeing in the market, and is an opportunity



for us to further expand the appeal of Canary Wharf by creating a new and exciting mixed use neighbourhood at Wood Wharf, which will offer greater diversity and amenity and a richer urban fabric for the fast emerging city centre of Canary Wharf."

The group wants construction to begin in 2014 with the first buildings completed in 2017.

Go to [shapingwoodwharf.com](http://shapingwoodwharf.com), Rob Virtue

## Cash to float Dock village

PLANS for a stunning floating village on Royal Victoria Dock have been boosted by Mayor of London Boris Johnson after he promised funding to procure the land.

He signed off a £270,000 deal this week to push the scheme forward.

It proposes a residential-led development, with the potential for bars, restaurants, a hotel and leisure activities.

It will see the water remain in the dock and will see a "series of piers, jetties and floating islands".

The funding will see the Mayor's GLA Land

and Property Ltd (GLAP) and the Royal Docks Management Authority (RoDMA) join forces.

Private sector investment will now be sought for the scheme to fund construction work at the site.

A steering group, led by the Mayor's deputy for housing, Richard Blakeway, is to be established to support this.

The Mayor hopes the floating village will work with the Crystal and the Emirates Air Line to boost employment opportunities and tourism in the area, as well providing much-needed extra housing.

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## Fraudulent canvassing claims 'untrue' - Mayor

### POLITICS

THE mayor of Tower Hamlets has responded angrily to claims that he has misused his office to promote his election bid.

In a recent council meeting, the Labour Party raised reports that bogus representatives of Tower Hamlets Homes were canvassing for the mayor's re-election in 2014.

At the same time, the Opposition sought a response to claims that the mayor was using branded acknowledgement letters contrary to council practice.

At the time, the mayor refused to respond. But he used a cabinet meeting last Wednesday to deny the allegations.

After the meeting the mayor said: "Such allegations [regarding branded stationery] are very serious and potentially imply a breach of electoral law. The actual complaint relates to unbranded, council acknowledgement letters sent pursuant to casework.



Tower Hamlets mayor Lutfur Rahman

"The allegations that bogus representatives from the social housing company were using their access to residents are also completely untrue."

He pointed out that Cllr Alibor Choudhury "had categorically refuted these allegations, also made by the local Labour Party, on November 27."

■ The mayor also criticised *The Wharf's* Spiral Notebook column for its comment on his performance as mayor and sought a right a reply. His response is available online at wharf.co.uk.

# Charity elves bring bags of Christmas cheer to day centre

JAMES PERRIN

### CHARITY

Contributions from Canary Wharf firms, as well as a quick chat, begin festivities

Rob.Virtue  
@wharf.co.uk

It's easy to forget about others outside of your circle of friends and family at Christmas.

But remembering others, just a little bit, can go a long way. Just ask the team of eight from Canary Wharf Group, who headed to Bethnal Green's Sundial Centre last week.

They gave out bags of presents to around 25 elderly and infirm people. And while the community at the lively centre is far from a place of loneliness, the delight the residents had from the visit was palpable.

Not least from an emotional Lillian Jenkins, who told the group: "I'm really so grateful. It brings a tear to my eye."

The event was part of a Christmas Bag Appeal, organised by the East End Community Foundation, based next to Canary Wharf.

Under the guidance of organiser Jackie Thornton, the charity raised around £2,000 to see hundreds bags of food and presents delivered across Tower Hamlets, Newham and Hackney. Each bag was prepared by staff from Canary Wharf and City firms who then took them out to vulnerable residents.

The team from Canary Wharf Group undertook their run last Thursday. They packed the £15 bags and carried them by minibus to Bethnal Green where they surprised the day residents.

It was a visit which meant the world to them.

Melanie Goldstein, of Canary Wharf Group, said: "We're honoured



Canary Wharf Group's Shelley Garcia with Dr Geoffrey Stanley-Smith Below, Lillian Jenkins with Melanie Goldstein



to be asked by EECF to help spread Christmas cheer among the elderly with the bag appeal.

"The response was amazing. They seemed thrilled to receive the bags which hopefully will brighten up their Christmas."

One of the recipients, Diane Ridewood, 77, from Bethnal Green, said: "It's so nice of them to come in. I'm on my own since my husband passed away. I have my son and he comes

round to visit but I can get lonely - it's also nice to have some visitors here."

Meanwhile, for Gerry Edgecombe, 79, from Bow, the presents also represented a few brownie points with his wife.

He said: "I'm pretty sure I shouldn't have stopped for lunch today as my wife's cooking me something and I'm likely to be in trouble."

"Luckily now I have this bag, I can explain to her how I had to go through a range of tasks and quizzes to win this bag of goodies and it might get me out of a spot of bother."

Stephanie Clarke, duty care manager at the centre, said it was the third year bags have been delivered to the venue.

"They look forward to this and are really grateful they are remembered at Christmas," she said.

"But the most important thing to them is the company and having people chat to them."

"We have Christmas parties here and some people ring us to say 'please come and get us'. They can get very lonely this time of year."

The target this year is to buy 800 bags and the total is currently standing at around 630.

To help go to eastendcf.org.



Above, residents enjoy a visit from the East End Community Foundation Front page, Margaret O'Carroll with EECF's Jackie Thornton

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Brenda Cowd enjoys her gift. Below, the charity elves prepare their Christmas bags



# MP criticises home management rules

## TRANSPORT

**Rob Virtue**  
@wharf.co.uk

CALLS have been made to overhaul regulations which are allowing leaseholders to be "ripped off and exploited by unscrupulous property management companies".

Poplar and Limehouse MP Jim Fitzpatrick called a debate in the House of Commons last week urging the Government to act in light of ongoing issues in luxury tower blocks on the Isle of Dogs.

The MP said two towers, Canary Riverside and 1 West India Quay – the development on top of the Marriott Hotel – were particularly pressing.

He said the greatest problem was for leaseholders struggling to impose the right to manage their own estate.

"I have two high-profile cases running at the moment: one on the Canary Riverside development and one on the West India Quay development," Mr Fitzpatrick told MPs.

"Both involve companies owned by the Yianis Group and are operated by Octagon Assets. They are in major disputes with residents, who have real problems in getting their situations resolved.

"The right to manage estate ballots procedure is very complex, especially where there are absentee owners

who are sub-letting and it is also very expensive."

Mr Fitzpatrick said disputes across the country were a growing issue, but particularly in Tower Hamlets with the large amount of new developments springing up.

"I have had a number of cases in my constituency of Poplar and Limehouse in the past 16 years involving people in very expensive properties; professional and qualified individuals, residents who paid large sums of money for the homes that they inhabit," he said.

"They are being ripped off and exploited by unscrupulous property management companies and individuals who have spawned these management companies."

Yianis Group declined to comment and *The Wharf* was unable to contact Octagon Assets by the time of going to press.

## Full story online

■ The number of passengers using the Thames cable car has been slammed as "embarrassing" after the latest report showed it had nearly halved year on year. For the week ending December 7 just 15,049 people used the service.

at wharf.co.uk

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For those already treated under the previous Sound Insulation Scheme 10 year check-ups are available for properties which have had either secondary glazing and/or mechanical acoustic ventilators installed.

For further information, or to view the latest noise contours, please visit the LCACC website: [www.lcacc.org/#insulation](http://www.lcacc.org/#insulation). Alternatively, you can contact the Sound Insulation Administrator on 01277 262870 or [environment@londoncityairport.com](mailto:environment@londoncityairport.com).

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## Smashing new service for a fragile smartphone

### TECH

Beth.Allcock  
@wharf.co.uk

WHETHER your mobile phone has been left out of action following a functional glitch or is merely a ringing fashion disaster, a new store in Canary Wharf is tailoring its services to techies and trendsetters alike.

While the walls of iSmash, in a corner of Canada Place Mall, are adorned with striking phone cases, trendy Marley headphones and swish gadget bags there's also a repair hub behind the desk, offering to bring your gadget back to life in a lunchtime.

Specialising in repairs for Apple touchscreen devices while also able to tackle many other brands, store manager Amy White said Wharfers had been clamouring at the doors more than two days before they opened.

When the Irish brand opened its second London outlet last Wednesday staff immediately took orders to mend six devices.

She said: "Nowadays your phone is your life and you want to know it is being left in good hands. When you go



KAY LOCKETT

An engineer gets to work on a mobile phone at the new iSmash store in Canary Wharf

to the high street you might get shops that offer repairs but you might feel you can't trust them.

"There was a gap in the market and we wanted to become a very recognised brand people can go to and feel trusted with.

"Canary Wharf being a business area, everyone will have a phone and, having spoken to people, lots smash their phones.

"Here, the customers can just say 'I need it doing by then' and it will be done."

The iSmash focus on gadget personalisation is the second string to its colourful bow – and something that has proved popular at its other outlet in the capital, in Kings Road, Chelsea.

Amy said gadgets could be changed into a bespoke creation, whether that's replacing casing, back panels and the screen or glamping up the colours of the buttons.

**23%**  
Of iPhone owners have a cracked screen

"Recently I made up a rainbow phone up for a customer," she said. "It's your phone, so we personalise it how you want it to be."

She said the seven-strong team had high expectations.

"Canary Wharf has a nice community feel – we are looking at high end stores and we are in an area with lots of footfall.

"We have come here in the hope we are well suited and become a recognised brand."

Go to [ismashlondon.com](http://ismashlondon.com).

## Fast-track visas to aid tech firms

### TECH

EAST London's Tech City was given a boost on Friday, with the Government revealing a fast-track visa programme to get top technology talent into the UK.

Prime Minister David Cameron visited the East End to unveil a series of measures including a £15.5million fund for innovative firms.

Industry leaders in the capital's tech sector have long argued for digital whizzes to be included in the "exceptional talent" visa route.

Mr Cameron praised the success of Tech City on its third anniversary and said he was keen to further support the flourishing industry.

"As part of our plan to help Britain succeed, we established Tech City UK to support the creation of a technology cluster in east London and committed to help these businesses to become cornerstones of our economy," said Mr Cameron.

"We've had real success. Today Tech City serves not only as an example of how a city can be transformed into an engine for growth and innovation, but it is also a blueprint for fostering growth that has been recognised globally."

■ Mr Cameron also announced that the area would finally be receiving 4G superfast mobile network.

The Fire Brigades Union may be taking strike action on

**Friday, 13 December and  
Saturday, 14 December**

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## Man mugged sex workers

**EAST LONDON** A man who booked female escorts before robbing them at knifepoint has been jailed for nine years.

Mutaher Hussain, 23, of Jamaica Street in E1, stole cash and telephones from two women before being identified by police using CCTV and mobile phone data.

The incidents took place in Westminster on May 30 and Lambeth on June 10.

Det Chief Insp David Manning said: "I hope this sentence demonstrates that the Met takes allegations of crime made by sex workers seriously and will investigate them thoroughly."



**EAST LONDON** The Environment Agency has released a startling image of the impact of last week's tidal surge – the highest for 60 years – on east London if it had not been for the Thames Barrier. It sees nearly all of land in around Canary Wharf, the Royal Docks and the Greenwich Peninsula submerged by water.

## Market set for Wonderful Life

**POPLAR** Snow, Santa and story-telling will make a sparkling arrival at Crisp Street Market on Saturday.

The hub of activity will stage its first It's A Wonderful Life event, with a variety of free fun and rides, entertainments and refreshments as well as a visit from Father Christmas.

New food and market stalls will also be scattered throughout the area and visitors will have the chance to show off their creative flair by decorating a bauble to adorn its huge Christmas tree. Go to [crispstreet.org](http://crispstreet.org).

## Daley spotted house-hunting

**STRATFORD** Diver Tom Daley has been spotted house-hunting near to the Olympic Park in Stratford.

Daley, 19, was seen looking at a £1,700-a-month apartment near the Aquatic Centre where he plans to train.

He had announced his plans to move from Plymouth before he revealed his relationship with a man, believed to be a screenwriter Dustin Lance Black, 39.



## Robbers fail in DLR getaway

**LONDON** Teens who went into a bank with a gun were arrested after failing in their attempt to make a speedy getaway using a DLR train.

Police were called after the armed duo were seen going into a bank in Lewisham High Street on Wednesday afternoon.

Officers tracked them to a DLR train at Lewisham station and the pair were then arrested. An imitation firearm was discovered by police nearby.

Two boys, aged 16 and 17, were taken into police custody.

**Business Extra / Page 44**

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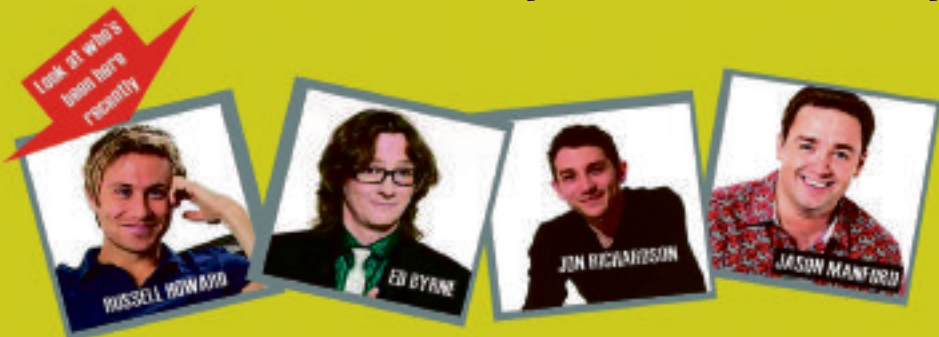
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# Notebook

## During the nautical drama came a wave of histrionics

The Nativity has moved on. Master A has been a shepherd and a star and this year's performance saw him transformed into that seasonal classic – a fish.

Dressed in a blue smock with tinsel fringing and singing along to Disney's *Under The Sea* from *The Little Mermaid*, he and his classmates performed a series of shimmies, shake and weaves – more hula than herald angel.

Master A's grandparents had been to see the production the day before, gushing about his performance. Not

biased in anyway, of course. I took my seat and waited for the young Olivier, a Gielgud in the making, to take to the stage.

One by one he and his classmates trooped on. Several of his closest friends, the ones we regularly have over on play dates, gave me huge grins, waves and the thumbs up. I snapped and videoed away always keen to capture the moment.

The stage was alive, all the children thoroughly enjoying themselves – all, that is, except Master A. He was doing the bare minimum, going through the

### WORKING MUM



TABITHA RONSON

motions, no enthusiasm and definitely no star quality. Concerned, I mouthed, "What's wrong?"

He mouthed something illegible back in between a half-hearted jazz hands' move. I shook my head not understanding. I mouthed again "What's wrong?"

His acting skills went into overdrive with his bottom lip quivering, and tears – squeezed out artfully – rolling down his cheeks. (I'm his mother I can tell if the droplets are genuine or crocodile.)

"You don't love me," he said in a

stage whisper, perfectly audible to the audience.

And the Oscar for Best Actor goes to... Every head in the room swivelled in my direction. I was greeted by piercing cold hard stares.

After the Nativity, I collected Master A. After a little cajoling the truth came out. According to Master A, I was taking more notice of his friends than I was of him during the show hence the Sarah Bernhardt theatrics.

*Working Mum, in serious need of questioning her parental skills.*

## POLITICAL VIEWPOINT

By Jim Fitzpatrick

### Battling for the future of Lloyd and Leila

You might have heard the story of Lloyd and Leila, the bull and cow at Stepney City Farm whose future falls somewhere between uncertain and invidious.

The farm has said it cannot keep them any longer. Along with many others – including thousands of petition signatories – I am doing all I can to secure these much-loved and popular animals a happy outcome in the form of a move to Hillside Animal Sanctuary in Norfolk.

Lloyd and Leila do not as yet have the paperwork – "passports" – to allow their transportation to the sanctuary, and this is something I'm working hard to overcome in my representations to



### How much more compromising is the prospect of death

the Department for the Environment, Food and Rural Affairs (Defra) and the British Cattle Movement Service (BCMS).

Farming Minister George Eustice has said two exemptions in previous cases were on the basis that "the welfare of the animals concerned had been seriously compromised by extreme events and refusal to allow the animals to move... would have added significantly to the their suffering."

My reply makes the following point: "How much more compromising is death? This is what awaits Lloyd and Leila if they are not allowed to go to Hillside Animal Sanctuary."

In challenging Defra's viewpoint, I'm also stressing that Hillside is a sanctuary and has nothing to do with the food chain.

Follow the links online to join the debate and sign the petition.

MP for Poplar and Limehouse



## Wharfinger The long view



2000 Kenny Dono of Harry's Bar, Isle of Dogs, with a £20 note that Pierce Brosnan gave him while filming for *The World is Not Enough*. Brosnan filmed the memorable opening sequence to the film on waterways around the Docklands, culminating in a spectacular clash on the roof of the new Millennium Dome.

1964 Ships berth in the Royal Victoria Dock. Some 50 years later, the site will be rejuvenated with new businesses and homes.



## High Five Under £10 secret santa



**TAO Digital Keyring, £9.95** This digital key ring can hold up to 100 images inside.



**NERF Jolt N-Strike, £6.95** Pocket-sized pistol packs more than enough power.



**Anatomical skeleton, £6.95** We think it'll make a superb office desktop distraction.



**Pixel sunglasses, £9.99** The ideal gift for anyone into retro gaming.



**Superhero socks, £9.99** It's fantastical footwear at its very festive best.

## SPIRAL NOTEBOOK

By Giles Broadbent

### The danger of tolerance as complicity

Tolerance has been taken hostage. Last week, three men were jailed for their actions as part of the east London "Muslim Patrol", a gang of extremists who tried to enforce Sharia law by bullying passers-by, first with megaphones and then with fists.

Extremists such as these feel emboldened to pursue their cause because our muddle-headed society hesitates.

The fanatics know that if they dress their thuggery in the robes of religion, tickle society's liberal guilt and excite its base fears they will be given a loophole, maybe even an embrace.

Society does not condemn swiftly and with venom because we are out of practice and



### Extremists are emboldened to pursue their cause

because condemnation itself is a minefield of shifting tastes.

Instead, we gather in the outlaws and normalise their behaviour. For evidence, look to the hate preachers who crave an audience at our universities.

Last month, Universities UK gave their members clearance to segregate an audience – men on one side, women on the other – if a mixed audience would cause "offence" to the speaker.

It's almost too atavistic to believe.

If homosexuals had outward signs of their leanings, would universities suggest a section for them too? Or if Jewish people could be identified – by means of a Star of David pinned to their lapels perhaps – would the speakers be permitted to put them in a pen?

This complicity in the name of tolerance is not just lily-livered. It is slippery, it is disgusting and it is dangerous.



Follow Giles Broadbent on Twitter @MediaGulch



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# Children's Festive Activities

## AT CANARY WHARF

11am - 5pm, every weekend until Sunday 22 December  
plus Monday 23 & Tuesday 24 December

Santa's Grotto\* • FREE Art & Craft Workshops • FREE Festive Face Painting

Santa's Grotto\* – in addition to weekends Santa's Grotto will also  
be open daily from 14 – 24 December

\* All proceeds from Santa's Grotto will be donated to Richard House Children's Hospice.



# Gift Guide

## Get that shopping sorted

If you haven't already nailed down your gift list for the big day, now's the time to hit the stores or go online



### BAKE WELL

Ensure any budding domestic god or goddesses look the part in the kitchen with this Daisy Rose Bumper Baking Set (£50) to kick off 2014's baking sprees. Featuring an apron, rolling pin, small flour shaker, spatula and cookie cutters, each piece features **Cath Kidston's** dainty rose floral print. Go to [cathkidston.com](http://cathkidston.com).



### GLAM IT UP

Christmas wouldn't be Christmas without a splash of festive red and this Alinari Dress (£60) from **Closest Clothing** fits the bill perfectly. Treat your loved one to this striking lace frock with a pretty sweetheart neckline – perfect for dressing to impress at New Year gatherings. Go to [closestclothing.com](http://closestclothing.com).



### HOT WORKOUT

Give the priceless gift of health – 20 Days of hot **Bikram Yoga** at the flagship Canary Wharf studio (£30). Add the perfect sticky yoga mat (£39) and even a lovely mat bag (£49) for the complete yoga package. Get toned, de-stress, detox and lose weight post-Christmas. Go to [bikramyogalondon.com](http://bikramyogalondon.com) or call 020 7537 2002.

### TASTY TREAT

The foodies in your family will relish this Piatti di Stagione (£29.95) from **Carluccio's**, providing a spectrum of pasta to take you from spring to winter. The set includes four different pastas complete with a variety of delicious, eye-catching sauce pairings for each of the four seasons. Go to [carluccios.com](http://carluccios.com).



### FIT BREAK

Bring a fitness party to the comfort of your own home instead of braving the frosty temperatures outside with this **Zumba Exhilarate DVD Collection**, (£39.95) intense workout. Burn off the Christmas pud and mince pies with four DVDs of international Zumba rhythms of varying intensity. Go to [zumba.com](http://zumba.com).



### CARD SHARP

Purchase an edgy card (small, £2.49, standard, £2.99, large, £5.99) with great humour from **Scribbler**. With a dozen stores located across London, as well as a personalised card website (product pictured) this crazy bunch have something less traditional to offer you this Christmas. Go to [scribbler.com](http://scribbler.com).



### SEA ESCAPE

Membership of **Royal Museums Greenwich** (from £35) is the ideal gift for anyone with an interest in ships, stars, art, the sea or time. Now is the perfect time to join, with members getting free fast track entry to *Turner And The Sea*, the Cutty Sark, pictured, the Meridian Line and Planetarium shows. Plus members only events and 10 per cent off at shops and for refreshments. Go to [rmg.co.uk/membership](http://rmg.co.uk/membership).



### BRING A BOTTLE

Made from 100 per cent Chardonnay, a bottle of Champagne Fleury Blanc de Blancs 2005 (£49.99) makes the perfect Christmas gift. Richer and more autolytic than **Victualler's** other Champagnes it will make festive celebrations go with a bang. With free delivery on orders of six or more bottles, Wharfers can order online, over the phone or pop in to the Wapping store at 69 Garnet Street. Go to [victualler.co.uk](http://victualler.co.uk) or call 020 7481 9694.

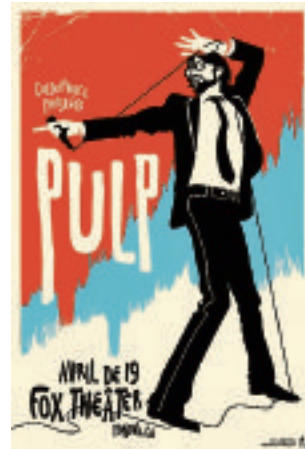


### KILLER HEELS

Bring a blast of vivid retro to your lady's wardrobe this Christmas with a pair of stunning Emerald Roulette Heels (£59) from **Shoe Embassy** – an innovative retailer with a heart for panache. Hand-crafted in Europe from the finest quality leather these heels should be enough to delight the most savvy fashionista. Go to [shoembassy.com](http://shoembassy.com).

### PAMPER PALACE

Indulge your loved ones with a Gift Voucher for luxury treatments in the beautiful surroundings of **The Rejuvenation Clinic and Medispa** in Cabot Place West, Canary Wharf. Recipients can choose from relaxing massages and facials, deluxe hand and foot treatments, ESPA skin products, and much more. But don't delay, buy now and get 25 per cent off all vouchers over £100. Go to [therejuvenationclinic.co.uk](http://therejuvenationclinic.co.uk) or call 020 3229 0257.



### HOME PRIDE

Funk up your walls with this Pulp Print (£45) from **The Flood Gallery**. Situated at the heart of Greenwich Market, the gallery specialises in contemporary limited edition screen printed gig posters, movie posters and art prints. Bespoke framing is also available with fast service and outstanding value. Open seven days a week from 10am-6pm. Go to [thefloodgallery.com](http://thefloodgallery.com).



### KID CHIC

Hopefully there'll be a fall of snow over the festive period so your kids can wear these **Hunter Original Contrast Kid's Boots** (£39). The iconic brand has launched its new collection of children's footwear providing an eye-catchingly trendy excuse to enjoy jumping in puddles and creating snow angels. Go to [hunter-boot.com](http://hunter-boot.com).



# What's On

## Seven Days

★ For a chance to clear the pipes and blast out a festive favourite, **Christmas Rocks** is the place to be.

The event will be led by a choir of Canary Wharf singers, plus dancers and all accompanied by the big sounds of the Trinity Laban band.

Pianist Tokio Myers will perform his versions of the classics while visitors enjoy mulled wine and mince pies.

Dec 17, East Wintergarden, 6.30pm, £8, [seetickets.com](http://seetickets.com).

★ In the rush of present-buying and parties, it's easy to forget the simple charms of the annual traditions. The **Canary Wharf Carols And Candles Service** is sold out but there is a waiting list.

Carols will be led by the combined choirs from companies including FCA, HSBC and KPMG plus members of the Canary Wharf Community Choir.

Dec 10, East Wintergarden, 5.30pm & 7.30pm, email [carolsand-candles@canarywharf.com](mailto:carolsand-candles@canarywharf.com).



★ Iain Glen, pictured, and Richard McCabe star in a new production of Tugenev's funny play, **Fortune's Fool**.

Newlyweds arrive at their estate to be welcomed by Kuzovkin (Iain Glen), the gentleman-in-residence. Their neighbour Tropatchov (Richard McCabe) calls for a celebratory lunch that leads to shocking revelations. Until Feb 22, Old Vic, 7.30pm, £16-£47, [oldvictheatre.com](http://oldvictheatre.com).

# 25 years from that wedding, Jason is keen to move on...

## Q&A

**J**ason Donovan, 45, has been acting for more than 30 years, first becoming a household name in *Neighbours*. With the release of the DVD of *The War Of The Worlds* stage show at The O2, the Australian actor and singer talks about his involvement, his life in showbusiness, and why he's not bothered about the 25th anniversary of "that" wedding to Charlene...

**How did you get involved in *War Of The Worlds*?**

■ It came to me a couple of years ago. I did the first season with Justin Hayward – I played the Artilleryman – and the producers asked me back. I did a reasonable job, but they wanted me to do something different to try and mix it up so I played another role, the Parson.

Jeff (Wayne) and Damien (Collier), who's the producer, really liked it, and so they've asked me back for next year too, so I'm pretty happy.

I love the job and it's nice to be playing big arenas. It helps me steer myself away from doing Saturday matinees, which I don't really enjoy that much.

**The original album scared me as a kid. What are your memories?**

■ I remember that string section; the classic string line that we all know, but I wasn't too aware of the piece beyond that. I know it was very successful in Australia; they'd done a number of tours down there. **The War Of The Worlds stage show is presumably strong in the technical department?**

■ The main driving force for something like this is certainly the music, that's the backbone of it, but audiences have come to expect more.

My experience for productions like this have always been the story, though. That's the important piece. **Many *Neighbours* fans are reflecting on it being 25 years after Scott and Charlene's wedding. Did you have any idea how much of an impact it would have?**



Jason Donovan in *War Of The Worlds: The New Generation*



■ There's a whole bunch of fans that have an emotional connection with that. It's a long time ago. I certainly understand how there's a big affection for it, but I'm concentrating on *The War Of The Worlds* DVD at the moment and I'm not thinking about Scott and Charlene's wedding, to be honest.

**What's been your favourite role over the years?**

■ They all have fond memories for me. *War Of The Worlds* is one of the highlights because last year I worked with Ricky Wilson and Marti Pellow – two people I admire and respect – and

Kerry Ellis, and of course (hologram) Liam Neeson, who remains very "one dimensional" throughout the whole experience.

**Is there a dream project you'd like to do?**

■ I love working live, but I'd love to get my teeth stuck into some more drama and TV. That would be something that would make me happy.

My strengths, I believe, lie in my acting. That's why story is always very important to me. I do love music and musicals and theatre, it's just that I've done a lot of that of late.

**Was there a moment as a kid on TV where you thought "this is what I want to do for the rest of my life"?**

■ Well my father's an actor, and we tend to follow our parents in a lot of ways, but I was always very realistic about whether that opportunity would come to fruition. A good career is one that lasts a long time.

**Do you have any tips for struggling actors?**

■ My advice to people is just to work hard. There's no such thing as being lucky. You make your own luck.

You can be in the right place at the right time and not have the right tools to rise to the moment.

**What have you got planned for Christmas and the New Year?**

■ I'll be spending some time with my family, which I'm really looking forward to. *Priscilla Queen Of The Desert* is what I'm doing at the moment, and then I go into *War Of The Worlds* at the end of next year. **What is it about the *Priscilla Queen Of The Desert* stage show that keeps fans coming back for more?**

■ It's the story about people that don't always fit in, and I think all of us in some way, shape or form are those types of people.

It's about overcoming diversity. It's a great songbook too; it's got some fantastic disco, camp anthems like *I Will Survive*, and *It's Raining Men*. The story is paramount. It's funny, and tragic and poignant. It's great theatre.

■ *Jeff Wayne's Musical Version Of The War of the Worlds: The New Generation*, is out now on DVD and Blu-ray. Tickets for the 2014 "final tour" which reaches The O2 next December are now on sale at [thewaroftheworlds.com/tickets](http://thewaroftheworlds.com/tickets).



Jason Donovan and Kylie Minogue in *Neighbours*




## Old school fun

★ For festive frolics, **The Big Reunion** Christmas Party is the place to go. Five, Liberty X, Atomic Kitten, pictured, B\*Witched, 911 and Honeyz revive memories of school Christmas discos.

Building on their first Greenwich visit and following an ITV2 reality series, the popsters will be revving up the rock for the nostalgic.

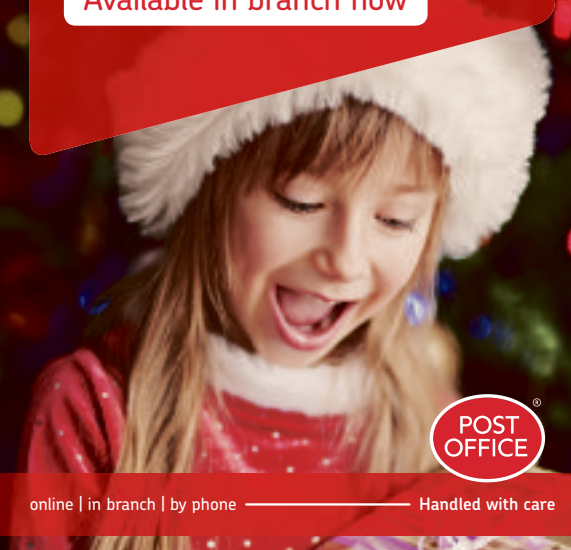
Dec 14, The O2, 1pm & 6.30pm, £39.25-£50.25, [theo2.co.uk](http://theo2.co.uk).



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# What's On

## The story of functionary who made Pakistan

### STAGE

#### Drawing The Line

Hampstead Theatre

It is only early in December yet the artery-clogging strains of festive hits, pantos and sentimentality are already slowing my step.

This is the antidote. This fine play – concise and authoritative – blows away any cobwebs and does that immaculate hat-trick familiar to Howard Brenton's work – it teaches, entertains and respects the audience.

Britain, broke and beleaguered after the Second World War and finding empire increasingly unsustainable decides to dismantle 200 years of rule in India in five weeks.

Viceroy Lord Mountbatten (Andrew Havill) is keen for a foreshortened span to whisk his wife (Lucy Black) away from the arms of statesman Nehru (Silas Carson) while PM Clement Atlee (John Mackay) sees the end of colonialism as a socialist imperative.

Which brings us to Cyril Radcliffe (Tom Beard). Not exactly an unknown, for he was a high-flying legal mind but, still, the Establishment functionary had no knowledge of India, or maps, or politics.

But it was to him that fell the task of drawing the line that would create Pakistan.

That line would spell doom for hundreds of thousands – they would either lose their homes or their lives.

Radcliffe's disinterest was key – he would be able to show objectivity – but the intoxicating India, beautifully evoked here under the direction of Howard Davies – comes to bend his steel-trap mind.

It was more than any man could take – and Tom Beard's Englishman abroad seems physically to crumble during the course of the play under the pressure of an impossible task.

He is hectored and bullied by seasoned politicians, and religious leaders including Nehru, Jinnah (Paul Bazely) and their acolytes and insiders. Not geography then but realpolitik.

There is wit and slapstick in the play ("the rites of back passage") but centre stage is profound and engaging discourse on the practicalities, obligations and timebomb compromises of hasty nation building.

**Giles Broadbent**

Until Jan 11, Hampstead Theatre, £15-£32, [hampsteadtheatre.com](http://hampsteadtheatre.com).

### Our verdict

A sweeping epic given focus with intelligence and precision

★★★★☆

## The lowdown on...

# Playing Blackjack

In the latest in our occasional series on how to make the most of a casino visit, **ROB VIRTUE** looks at one of the most popular games at Aspers Casino in Westfield Stratford City – Blackjack.

### It's a card game then?

Yes. All the players take on the dealer, which makes a nice change.

### How do you play?

You are dealt two cards face up. The dealer also gets a card. The idea is to get to or as close to 21 without going bust. You hit (signalled by touching the table in the area front of you and behind the cards) as many times as you want until you go bust or, hopefully, decide to stick (do a swiping horizontal hand motion across the top of the table).

Then the dealer gets a second card. He then has to keep twisting until he is over 16 – if he's not already. If he goes bust everyone's happy, except the casino. Which is a good thing.

### Sounds as if the odds are in the gambler's favour?

Yes but not quite. As croupier Viktor Csuka tells us: "The advantage for the house is it doesn't have to do anything to win. You can just go bust and only otherwise does the house have to play."

### What's it like to play?

It's a chilled out game of cards without as much to think about as, say, poker.

Viktor said: "I would recommend Blackjack if you're with friends or family. It's the best game to play, sitting down relaxing but with many actions. It's also a good game because you have an impact on the cards."

### What other actions?

Well, the real fun comes when doubling bets or splitting cards and that's dependent on what cards are dealt.

"If the dealer gets a six a lot of people double their bet even if they are on low cards, because they are betting the dealer goes bust," said croupier Viktor.



Croupier Viktor Csuka deals the hands at the Blackjack table

### Why's a six bad?

Well a picture card represents 10 so that's by far the most likely number you'll get. Thus, the most likely outcome after a dealer gets six is for him to get to a 10, which then means anything over a five and the dealer goes bust. In theory of course...

### And splitting?

If your two cards are the same – two fours, two sixes, two picture cards etc – you can split them and play two hands. Risky but, again if the

dealer has a bad card, it can reap rewards.

### Anything else?

Most casinos ask for a minimum of two players at each table – or alternatively there can be one player playing two hands of cards. Which can be annoying if you don't want to expose yourself to losing two hands at once and have no-one else to play with. At Aspers there's no minimum number of players needed for play to start.

Go to [aspersstratford.co.uk](http://aspersstratford.co.uk).

## Bilbo carries on his quest for treasure

### SCREEN

#### The Hobbit:

#### The Desolation Of Smaug

(12A) 161mins

This second instalment of the Hobbit trilogy picks up where *An Unexpected Journey* concluded.

Plucky hobbit Bilbo Baggins (Martin Freeman), wise wizard Gandalf The Grey (Sir Ian McKellen) and the company of dwarves led by Thorin Oakenshield (Richard Armitage) continue their perilous quest to reclaim their lost gold from the dragon Smaug (voiced by Benedict Cumberbatch) in his lair.

The adventurers encounter a shape-shifter called Beorn (Mikael Persbrandt) and a nest of giant spiders,



Martin Freeman as Bilbo Baggins

guaranteed to make skin crawl and have arachnophobes quivering in their seats.

Gandalf discovers the identity of the necromancer, who has been wreaking havoc in Dol Guldur, and when orcs storm Mirkwood, the elves led by King Thranduil (Lee Pace) and his son Legolas (Orlando Bloom) marshal their forces to repel the invaders.

Meanwhile, Bilbo and the dwarves endure some rough and tumble as they escape certain death by travelling down river rapids in barrels.

They discover a hidden door in the mountainside that leads to Smaug and his horde of glittering treasure.

★★★★☆

### DANCE

## Pro tango teachers

PICK up some top tips on how to dance the Tango from a pair of Argentinian professionals this weekend.

Omar Ocampo and Monica Romero will be leading participants through a practical lesson on the history and evolution of the dance form, combining theory with practice to offer an insight into the development of the expressive movement.

Suitable for all levels and abilities, the December 14 session at TangoEl4 in St John's Community Centre, on the Isle of Dogs, will start with a warm-up and practise at 120pm, followed by the main class from 2pm until 4pm.

A Christmas Party will follow, complete with an appearance from DJ Fredy, and dancers are encouraged to bring their own food. Entry costs £15. Go to [tangoel4.wordpress.com](http://tangoel4.wordpress.com) or call Tony Lane on 020 7538 3852.

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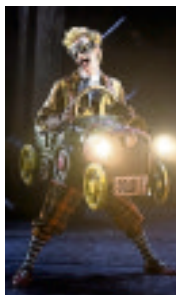
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# Alive



## STAGE The Wind In The Willows Duchess Theatre

Choreographer Will Tuckett's critically acclaimed *The Wind in the Willows* comes to the West End marking a significant first for the Royal Opera House.

Based on Kenneth Grahame's timeless classic, the adventures of four woodland friends are retold through dance, song, music and puppetry. From a dusty old attic a

wonderful tale unfolds. The serenity of the river bank is rocked by a speeding car, a galloping caravan, a racing train and criminal deeds cooked up in the depths of the Wild Wood.

The escapades of the reckless Toad and his long-suffering friends Ratty, Mole and Badger are brought to life in a production that has charmed audiences of all ages and draws inspiration from the music of Edwardian composer George Butterworth. *Until Feb 1, Duchess Theatre, 90mins, £17.25-£57.50, duchestheatre.co.uk.*



The Museum of London Docklands puts Father Christmas in Sailortown

## Santa flies in for a magical Christmas

**C**hildren can visit Santa in a magical Victorian setting this Christmas at a grotto in Museum of London Docklands.

Opening on Saturday, it will be set in the West India Quay venue's 19th century Sailortown, a recreation of London's streets from yesteryear.

Victorian Santa's Grotto costs £7 for each child and includes a meeting with the big man, as well as a special gift.

Photos are available at additional cost.

It will run from December 14 to 23. Tickets can be booked by calling 020 70019844 or online at [museumoflondon.org.uk/grotto](http://museumoflondon.org.uk/grotto)

The grotto is one of many events taking place at the museum over the festival period. Here's the guide to what else you can find to keep children entertained.

### Treasure Jars

Design and decorate a special jar to hold your most treasured possessions. For ages three to 11.

*Sat Dec 21 and Fri Jan 3, 11.30am-12.30pm and 2-3pm.*

### Festive Storytime

Fun and interactive festive story told by puppets and museum objects, accompanied by music. Children then play in the Mudlarks Gallery. Ages up to five.

*Mon Dec 23, 10.30-11am, 11.30am-12pm and 2-2.30pm.*

### Gold, Frankincense... And Nutmeg?

Jesus's gifts frankincense and myrrh weren't the only treasured spices. Find out about the world of the spice trade and make a treasure chest of exotic smells to take home. Ages three to 11.

*Sat Dec 28 and Mon Dec 30, 11.30am-12.30pm and 2-3pm.*

### Buried Treasure

When the Shadwell Docks were being built people

bought treasure found at the site. Discover the story of the men who sold fake goods and create your own. Ages three to 11.

*Thurs Jan 2, 11.30am-12.30pm and 2-3pm.*

### X Marks The Spot

Be inspired by the treasure of notorious pirate Captain Kidd and create your own booty.

*Sat Jan 4, 11.30am-12.30pm and 2-3pm.*

### Dick Turpin And The Hidden Treasure Of London Town

Hear the amazing story of the legendary highwayman, find out what treasures he stole and what he did with them.

*Sat Jan 4, 11.30am-12pm, 1-1.30pm and 2.30-3pm.*

Find out more at [museumoflondon.org.uk](http://museumoflondon.org.uk).

### Online

More Christmas ideas for children

[wharf.co.uk](http://wharf.co.uk)

## Children's Book Of The Week

### The Lost Journals of Benjamin Tooth

Mackenzie Crook  
(Faber and Faber)

★★★★☆

In this author's other children's book, *The Windvale Sprites*, schoolboy Asa Brown finds the journals of 18th century scientist Benjamin Tooth and follows directions in them to the home of the sprites. Now, with *The Lost Journals*, you can read the scientist's words themselves.

They tell of Benjamin's sometimes funny journey to near immortality. With all his



family dead – including his great grandfather – and after making a fool of himself in his home town, he moves to the desolate Windvale Moor. There he makes the discovery of a lifetime but will anyone believe him?

It is annoying that the book leaves several loose ends.

What is the full story behind the creepy stranger Farley Cupstart who claims to be an acquaintance of Benjamin's great grandfather and who pesters Benjamin for an object linked to the sprites? Perhaps a future book will reveal all!

I like the way the author interlocks this book with his previous one.

Besides being a successful actor, Mackenzie Crook is a clever and quick-witted author.

**Ralph Ballard, aged nine**

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**High Five pink shoe, £85**  
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**Mohair coat, £399, metallic dress, £250, Lawrence bag, £150**  
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**BELOW**  
**Men's monk shoes, £55**  
Next, Canada Place  
next.co.uk

### CRAFTS

#### Deptford swag

★ If vintage knits and trinkets are essential for your festive style statement, head to Deptford Wives' Vintage Christmas and Craft Market at The Albany this weekend. The event runs from 10am-4pm both days.

### THE O2

#### Craft market

★ Head to The O2 for the three-day Handmade Christmas event showcasing a variety of one-off creations from some of Britain's best designers, crafters, hobbyists and food and drink sellers.

From Friday, December 13-15. Tickets cost £6.50. Go to [theo2.co.uk](http://theo2.co.uk).

### WESTFIELD

#### New openings

★ Christmas shoppers at Westfield Stratford City have a handful of extra stores to explore this month.

American Apparel, Naracamicie (womenswear) and Skagen (jewellery) have all opened up at the shopping centre to snare the December footfall.

## Prepare to hit the Boxing Day sales

We look ahead to festive shopping days in the East End

**Beth.Allcock**  
@wharf.co.uk

**I**f you fancy braving the crowds for some early-morning bargain hunting this Boxing Day you could be in for a treat.

Westfield Stratford City will open its doors from 8am on December 26, offering visitors a full day of retail therapy until 10pm.

Those who favour staying in bed a little longer following a Christmas jam-packed with festivities could opt for a trip to Canary Wharf's malls.

Stores and restaurants in Jubilee, Cabot and Canada Place are set to entice shoppers with bargains from 11am, although exact timings vary from outlet to outlet.

Shopping sessions in the trio of malls run

until 6pm offering visitors the chance to explore new arrivals including Cath Kidston, The White Company's second store in E14 and Cadenzza.

Shoppers will be able to take full advantage of some last-minute purchases for the perfect New Year's Eve attire at both Canary Wharf and Westfield, with the former opening from 9am until 6pm and the latter offering shopping from 10am until the same time.

And, should you want to start the New Year with a fresh wardrobe, both are available to stock your Christmas closets.

Start early in Canary Wharf from 11am until 6pm or spend a lunchtime in the stores from noon until 7pm in Stratford.

Go to [canarywharf.com](http://canarywharf.com) or [uk.westfield.com](http://uk.westfield.com) for more information.



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# Food



## COOK WITH CJ JACKSON

### Steamed fish with wasabi and ginger marinade

This recipe uses several typical Japanese ingredients. The flavours work well with just about any fish or shellfish.  
Serves 4

#### Ingredients

4 white fish fillets, each 150-175g, skinned and pin-boned

#### For marinade

2 cloves garlic, chopped  
1 tbsp pickled ginger  
1 tsp sichuan peppercorns  
1 tsp wasabi paste  
1 tbsp wakame flakes  
2 tbsp rice wine vinegar  
1 tbsp sunflower oil

#### Method

Put the fillets on a large plate. In a bowl mix together the ingredients for the marinade, pour over the fish, cover and refrigerate for 30 minutes.

Transfer the fish and marinade to a bamboo steamer. Place over a saucepan of simmering water and steam for 4-5 minutes. Fish should be opaque and flaky. Serve with noodles.



This simple clean dish, influenced by flavours from Japan works well with any white fish or shellfish

CJ Jackson is principal of Billingsgate Seafood Training School. Go to [seafoodtraining.org](http://seafoodtraining.org) for details

# A curry by any other name would likely taste as sweet

It may be a sizeable stroll from London Bridge but it's worth the effort

## REVIEW

### Est India

Borough

#### What's it like to eat at newly opened Est India?

"The food is as sharp as the decor. Clean, modern, unfussy, well spiced and not afraid of itself. Provided the quality doesn't slip it'll keep the seats filled and see a steady stream funnel down from London Bridge."

**E**ast India?" I'm imagining the caller is saying on the other end of the phone. "No, E-S-T, E-S-T, Est," the owner hoots with increasing animation at my end. "It's Est India."

With the benefit of hindsight, I wonder whether he and his partners are beginning to regret the naming decision.

That conversation will probably only occur, say 20 or 30 times a day. Besides, what does it mean? Established India? Latin for It's India? A nod to colonialism?

Bum dubbing aside, it turns out to be a little gem. Sharp decor – complete with disarming elephant wallpaper and the ubiquitous oversized exposed filament lightbulbs – sets off the simple modern service well.

It's a Monday and, having walked past many empty eateries on the lengthy schlep to the wrong end of Union Street, I'm surprised to be surrounded by Londoners who have all the characteristics of real paying diners.

As it only opened last Tuesday this must be a huge boost for the place and it's clear what's behind it.

The food is as sharp as the decor. Clean, modern, unfussy, well spiced and not afraid of itself. Provided the quality doesn't slip it'll keep the seats filled and see a steady stream funnel down from London Bridge despite the unpromising location.

Starters of keema pav (£4.50) and papri chatt (£4.90) are dainty but share well. The former,

effectively a minced lamb spread served with a buttered muffin, wins the battle as the chatt is just a tad on the floury side, if well balanced on the flavour front.

The chef is clearly happy to release the heat, which is refreshing in the face of blander curry chains.

And there's more searing spice as the mains arrive. My north Indian fish kari (£10.50) is a beautiful concoction. Perfectly cooked cubes bathe in a crisp, fresh sauce, melting to nothing in the mouth. Shot through with a powerful ginger note, I'm salivating just thinking about it now.

My companion's bhutani lamb (£9.30) is slightly below the high bar set by the fish but pairs well enough with a decent Malbec (£22.70).

A trio of desserts (not on the menu, but available by request) finishes things off in sweet, sticky style. If nothing else, the walk is worth it just to sample the pulverised, honeyed carrot cake that's more Christmassy than finding the legs of an obese man clad in red sticking out of your fireplace on December 24.

It explodes in the mouth and tingles all the way to the extremities.

A sweet cup 'o chai is served and delivers a spiced counterpoint to the overload of sugar.

Then it's back out into Borough's curious blend of spent converted warehouses, hidden dives and railway arches all skewered on the lit point of The Shard.

It might seem a bit of a stretch but the one chink in Canary Wharf's culinary armour is its lack of decent Indian food. If you fancy a solid curry at reasonable rates you could do a lot worse.

#### Jon Massey

Est India, 73-75 Union Street, London SE1 1SG, 020 7407 2004, [estindia.co.uk](http://estindia.co.uk).

#### Our verdict

A solid, fresh performer

★★★★☆



A trio of desserts at Est India



## AMERIGOVESPUCCI



### WE ARE NOW TAKING CHRISTMAS BOOKINGS!

*Join us this festive season and make it bigger, tastier and shinier.*

During the month of December our 3 course Christmas set menu is available. ....only £29.95 per head.

Visit our web site for more details: [www.amerigovespucci.co.uk](http://www.amerigovespucci.co.uk)

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.



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Like us: Amerigo-Vespucci



[www.amerigovespucci.co.uk](http://www.amerigovespucci.co.uk)

Amerigo Vespucci,  
25 Cabot Square,  
Canary Wharf,  
London E14 4QA  
0207 513 0288







The sleek understated bar at Est India, above, has a decent selection of tipples, but the best way to round things off is with a cup of spiced chai, left

#### LITTLE NAN'S BAR

### Get in the mood early in Deptford

★ Little Nan's Bar, in Deptford Broadway, is hosting a free warm-up party on New Year's Eve to get revellers firmly in the mood for 2014 with a variety of themed drinks and old-school snacks including nan's own cheese straw recipe.

Then the fun kicks off at the neighbouring Bunker club from 10.30pm with Deptford does Disco.

Entrance to Little Nan's is free and between 7pm and 11pm and Bunker Club tickets cost £5 before 12 and £7 after.

Go to [littlenans.co.uk](http://littlenans.co.uk).

#### THE PERKIN REVELLER

### Try seven courses for New Year's Eve

★ A sumptuous seven course meal lies in store for those opting to celebrate New Year's Eve in the grounds of The Tower of London.

Boasting an array of English fare served up on big banqueting tables and cozy, more intimate areas, The Perkin Reveller lies in the shadows of London Bridge.

On December 31, guests will be treated to an extensive menu complete with Champagne for the midnight toast. Tickets cost £125 per person.

Go to [perkinreveller.co.uk](http://perkinreveller.co.uk).

## Festive spot



The Pearson Room is still taking Christmas bookings

★ Still haven't booked a venue for your Christmas knees-up?

One of the newest hotspots on E14's restaurant scene, **The Pearson Room**, has unveiled its Christmas set menus and party offerings running until December 21.

Get firmly into the festive spirit with a mulled wine bellini on arrival before tucking into courses including spiced parsnip and walnut soup, roast guinea fowl and spiced apple pie with vanilla ice cream for £45 per head.

For an extra £10 each, ham hock and foie gras terrine, Gressingham duck breast and baked alaska with mulled wine sorbet are on offer, in addition to truffles and petit fours to round off the meal.

The venue, at Reebok Sports Club, can also cater for larger gatherings with its range of party menus starting from £50 per person with unlimited food and drink.

The Pearson Room will be closed from December 21 until January 1, 2014.

Go to [thepearsonroom.co.uk](http://thepearsonroom.co.uk).

# Royal China

*Now taking  
Christmas bookings*

Set menu just  
**£42.00**  
per person  
(min of 2 people)



#### Hors D'oeuvres

Butterfly prawn  
with crushed garlic

Minced turkey wrap  
with lettuce

#### Crispy aromatic duck Main

Diced fillet steak  
with black pepper sauce

Asparagus turkey roll  
with teriyaki sauce

Baked silver cod Thai style

Stir fry mixed wild  
mushrooms

Royal China lotus leaf rice

#### Dessert

Fresh Fruit Platter

Royal China Canary Riverside,  
30 Westferry Circus, London, E14 8RR

**020 7719 0888**



# Health



GETTY  
The festive season is not fun for everyone

## Prepare to avoid Christmas blues

Counsellor tells **Beth Allcock** how Wharfers can plan for good cheer during the festivities

While for many Christmas is a time of fun, happiness and festive cheer for others, it can also be a period of family tensions, bouts of loneliness or grief.

Whether you're a young Wharfer heading back to your parents' home, a new mum or dad striving to create your first family Christmas or a couple with two sets of pressurising parents, measures can be taken now to ensure tensions reduce and your mind remains healthy.

Owen Redahan, a counsellor who works from his base in Cannon Studios, West India Quay, said for those looking to create their own festive plans this year, conversation and pre-planning were key.

"Traditions at Christmas change and evolve," he said. "They are not set in concrete and new ideas can be fun and interesting but communication is important."

"If people talk to and respect each other and listen to what the other person is saying they can figure out a way to move forward. And sometimes this doesn't have to be a dramatic change."

"If you want to spend Christmas Day with your partner, there's no reason why you can't say to your parents that you'll be popping in on Christmas Eve or for the whole of Boxing Day."

"Talk to your partner and decide a plan of action."

For those returning to their families out of a sense of obligation, he suggests preparing to compromise

**What would you advise for a bereavement?**

**"If someone has died, what could be helpful is to write to the person telling them how they miss them, to put their feelings on paper."**

and thinking ahead about what causes rows and tension to plan ways to avoid them.

Time to yourself, or spent calling a friend or loved one, may help too.

Owen also highlighted two groups of people – those suffering from the breakdown of a relationship or loss of a loved one – for whom Christmas is likely to be less rosy.

"It can be a very difficult time for these people and, for the break up of a relationship, it's a case of driving through the pain," he said. "It's accepting there will be a sadness for them and, if they can, take some time to think about the person or relationship, then that's a good thing."

"If someone has died, what could be helpful is to write to the person telling them how they miss them, to put their feelings on paper."

"It's a good way of getting feelings out and looking at them and, although it's very difficult, trying to socialise is beneficial too."

Go to [owen-redahan.co.uk](http://owen-redahan.co.uk).



Counsellor: Owen Redahan

## Bootcamp sessions that burn 500cal in an hour

### FITNESS

While there's lots of motivation, Shenda's classes are also about having a giggle

Bootcamp training in the heart of a Greenwich ecological area could prove the perfect tonic to a festive period spent in the company of rich food.

Personal trainer Shenda Falvey has been running her five-weekly sessions at Central Park, on the Greenwich Peninsula, for the past three and a half years, building up a loyal band of fitness followers.

The hour-long classes are packed with a variety of cardiovascular activities, abs sessions and some shadow boxing to help participants lose weight and tone up.

The mum-of-two, who swapped a career in PR to study for qualifications in personal training, sports conditioning, boxing and ante and post-natal fitness, promises there'll be no military-style screaming and shouting in store for 2014's bootcamp recruits.

"Most bootcamps aren't really

like that and it really depends on the individual," said Shenda. "When people come to your bootcamp, they are coming for you as a trainer."

"It's about having a bit of a giggle. I am always telling little stories about my life to take everyone's minds off the fact they are working very hard."

"I am interested in the mechanics of the body and am always talking about muscle work. I want people to think about where they should be working – or aching – so there's motivation but no screaming and shouting or getting down in the mud."

Currently, groups of up to 20 take part in the morning sessions, every Wednesday, Friday and Saturday and in evening bootcamps every Monday and Wednesday.

Spotting a gap in the market and hoping to combat any "elitist" perceptions of personal training, Shenda sets her classes at different levels so anyone from beginners to marathon runners can benefit.

"Every session is different," she said. "There's nothing worse than going to a class and it being exactly the same as the last one."

"There will always be a whole body workout and we look to train every muscle so it's always interval training, aiming to burn 500 calories a session."

"Especially with the guys – and sometimes ladies too – there's a large



Above, Shenda Falvey runs bootcamps on Greenwich Peninsula, right and below

amount of competition but it's really fun, friendly competition.

"Ladies find it brilliant and they start competing with the men. It's a nice group dynamic and everyone seems to get on."

**Beth Allcock**

Go to [shendafalveypersonaltraining.com](http://shendafalveypersonaltraining.com) or email [shenda@shendafalveypersonaltraining.com](mailto:shenda@shendafalveypersonaltraining.com).

## WIN a month of bootcamps

★ Making your New Year's health and fitness resolutions a reality has just got a whole lot easier.

Shenda Falvey Personal Training and Bootcamps has teamed up with *The Wharf* to offer readers the chance to win a month's course of 12 bootcamp classes – ensuring they are in tip top condition for the rest of 2014.

From unfit beginners to fitness fanatics, these outdoor sessions are fun and motivational with an upbeat group dynamic.

Suitable for men and woman, they offer a complete body workout and are guaranteed to get results fast. Designed to burn fat and improve body shape, they cater for all ages and abilities.

Unlike some other bootcamps, a fully qualified personal trainer plans and delivers each session to ensure participants achieve their goals, and with classes changing daily no muscle is left untrained.

For a chance to win, just answer this simple question: How many bootcamp classes will the winner receive?

- 12
- 3
- 99

To enter go to [wharf.co.uk](http://wharf.co.uk) and click the competitions link. You'll need this code **BC001** and be prepared to enter your contact details. By entering you are agreeing to receive *The Wharf* e-edition via email.



Terms and Conditions

■ Prize is a consecutive four-week course of three bootcamps per week, taking place on your choice of mornings, evenings or a combination of both.

■ Days must remain the same for each week.

■ Course must be completed by February 28, 2014.



JAMES PERRIN



# Change your gym regime to fit your genetic profile

Ulisses explains to **Beth Allcock** why testing Wharfers' DNA is a game changer

**T**echnology that matches an individual's DNA profile with their genetic ability to respond to exercise and diet is proving popular at Reebok Sports Club.

Ulisses, head of personal training at the Canada Square gym, said the findings gained from the DNAFit Test – which relate to general performance and diet – would “take away the guessing game” for Wharfers seeking to make the most of their fitness sessions.

After sending off swab samples to the lab, experts will scrutinise up to 30 genes and genetic variants including the newly-discovered FTO, dubbed the fat gene, which scientists discovered can make fatty foods appear more tempting.

Extensive results are sent out in less than four weeks, which then allow Reebok's band of personal trainers to create a bespoke, 12-week workout programme for participants to maximise the efficiency and effectiveness of their workout.

Ulisses called DNAFit a “one-off test” that would provide valuable guidance throughout a person's life, whatever their level of fitness.

He said: “The great thing about the general performance test is to see how your body responds to exercise based on your DNA – are you better off doing strength exercises or endurance training, for example.”

“That's whether you're performance-based, or endurance-based, or a mixed variable of both. “A lot of people come to the gym, train and do cardio and they sometimes don't see any results – and that's why the test is very important.”

“It also tells you what diet is best suited to your DNA – whether that's a high protein diet, a low-carb diet or a Mediterranean diet.”

The dietary findings highlight an individual's risk of developing obesity as well as scrutinising insulin levels, with guidelines on how to adopt the new eating habits sent out alongside the information.

Results also include statistics about



Head of personal training at Reebok, Ulisses believes the DNAFit test, inset, can help his clients get the results they need

injury risk and the recovery rate needed between each workout.

Avi Lasarow, DNA entrepreneur and founder of DNAFit and Lasarow Healthcare Technologies, said: “I've worked in the field for many years and am convinced this will become a market-disrupting technology in the fitness industry.”

“In the same way Google and Facebook now play a part in our daily lives, DNAFit testing could achieve

the same magnitude of change. You can't change your genes but you can change your exercise.”

■ The DNAFit Programme is available to members and non members and costs £265. This includes the test, extensive results, a 30-minute consultation with one of Reebok's

personal trainers, dietary guidelines and a free one-day gym pass. Go to [reeboksportsclublondon.com](http://reeboksportsclublondon.com) for more information.



## CROWNE PLAZA

### Fitness and spa suite reopens

★ Fresh spa treatment rooms, two nail stations and a newly-created fitness studio await visitors to Crowne Plaza London Docklands.

The venue's Quad Health and Fitness club has re-opened following extensive renovation work to become the first hotel-spa service within the Excel campus.

With a vantage point overlooking the Royal Docks, guests will now be able to indulge in treatments using prestigious ESPA products.

Go to [cpdocklands.co.uk](http://cpdocklands.co.uk) or call 0207 055 2000.

## VIRGIN ACTIVE

### Facilities due for a facelift

★ The gym floor at Virgin Active Canary Riverside is being spruced up ahead of the New Year.

Refurbishment work began last week to re-decorate both gym spaces and install new floor finishes to the functional and free weights area, as well as sanding and sealing work to the wooden surface of the cardio space.

The facility is preparing to install fitness equipment including watt bikes, water rowers, Power Plates Pro 7s, Artis and Woodway Curves next year.

Go to [virginactive.co.uk](http://virginactive.co.uk).



# Business<sup>extra</sup>

**Your Money**

## NEWS IN BRIEF

### Business digest

#### Smith returns to Wharf De Vere

**HOSPITALITY** De Vere Venues Canary Wharf has appointed Kevin Smith as its new general manager.

After initially working for the brand between 2003 and 2011, overseeing the launch of its Greenwich offering, Devonport House, Kevin returned to E14 in November 2013.

He said: "I am thrilled to be returning to my roots at De Vere Venues and am looking forward to taking the reins at Canary Wharf and working with some exciting and high profile clients."

#### Students hear of interview needs

**TRAINING** More than 600 students gained a taste of life in a professional business thanks to the efforts of a Canary Wharf charity.

Career Academies UK arranged the A Capital Experience workplace visits to a host of 55 employers, including Accenture, Balfour Beatty and L'Oreal.

Aimi Driver, of Career Academies UK, said: "Our students get to hear what the people who do the hiring really want."

#### Tech sector drives jobs, says report

**TECH** More than a quarter of job growth in London comes from the technology and digital sector, according to the Tech City Investment Organisation.

Nearly 600,000 people are now employed in the sector, although this includes those who, for example, work for IT in big corporations.

The report also claimed that digital and technology grew by 16.6 per cent in the three years since Tech City was founded by the UK government.

Tech City CEO Joanna Shields said: "Our challenge now is to build on these foundations."

#### Charity in move to South Quay

**TRAINING** An initiative to provide a helping hand to 400 youngsters seeking skills or employment each year will be based in South Quay from January.

City Gateway will run training from offices in Mastmaker Court.

The charity's representatives will be handing out advent calendars and information about its open day, on February 27, at Ice Rink Canary Wharf until December 13.

Go to [citygateway.org.uk](http://citygateway.org.uk) for more information.

# Banker offers a route map through the financial maze

## PEOPLE

New book calls on former trader's practical experience of a complex world

**Beth Allcock**  
@wharf.co.uk

**D**o you spend your days in one of Canary Wharf's glass towers, surrounded by colleagues you call friends but whose job description and role is, at best, opaque? If so, you're not alone in E14.

Morgan Stanley contractor Andrew Sutherland has clocked up 17 years in the investment banking sector, beginning in the technology department in New York's Citibank before a spell on the trading floor. He moved to London in 1998, where he returned to his tech roots at the firm's Strand office.

The 50-year-old admits he continually found himself sharing office space with those whose roles he couldn't understand throughout his work in the US and at various Wharf-based heavyweights.

Three years ago, it sparked the idea for *The Front Office Manual: The Definitive Guide To Trading, Structuring And Sales*, a new book co-written with former colleague Jason Court.

"I felt the time was right for something like this," said Andrew.

"It took me years to understand what all the departments in the bank did and how they worked together."

"All that has changed over the last few years but we are offering a pretty up-to-date look at how things are



JAMES PERRIN

Andrew Sutherland's book is a practical guide to who does what

now. A lot of the books on investment banking are either written by academics not in the industry, or are too high-level.

"Because of the background John

and I have, we are practical in our approach.

"And it's practical knowledge that can turn your ideas into a product that can be sold."

"This was an opportunity to put some of this practical experience on paper and try to create something that was of value."

The father-of-two said the text was highly detailed but that he hoped the single-volume resource would help capture the attention of those looking to make banking their career.

Andrew said as a technologist designing systems for the bank's trading floors, it was his sector that had been put in the spotlight following the global financial crisis.

"Technology has just scratched the surface of what it can do in the world of investment banking," he said.

"Banks have put a lot of emphasis on doing simple things, but doing more of them."

"There has been a huge emphasis on automation and algorithmic trading, and about putting computers in charge of trading practice."

"The computers are doing the bulk of trading in many markets."

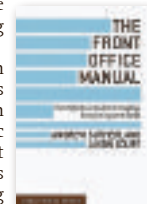
And this shift could signal a space for *The Front Office Manual Two*, which might follow this writing adventure.

"Writing has been really fun," said the north Londoner.

"You get stuck into it and it becomes a good way to spend your day."

"The industry keeps evolving and the way banking is now changes things – there will be room for a second edition."

*The Front Office Manual* by Andrew Sutherland and Jason Court is published by Palgrave-Macmillan UK. Available on Amazon at £20 for the Kindle edition and £27 for the hard copy.



## New year already looking better for savers

### YOUR MONEY

**D**espite a better economic climate, those struggling to build or maintain a savings nest egg are still suffering.

Experts recommend everyone should have at least three months of their salary saved in a "rainy day" fund, but with wages remaining largely stagnant, many people are struggling just to make ends meet.

According to a Lloyds Bank survey, 43 per cent of consumers who have been unable to save over the past year said they simply didn't have enough cash left over at the end of the month.

Nearly 30 per cent were aged between 45 and 54, suggesting that even those well-established in their careers are still far from financial



security. However, despite the apparent gloom, there is one small but significant glimmer of hope on the horizon.

The Bank has just announced that a scheme called Funding For Lending, which was launched in August 2012 to help struggling borrowers, will be re-focused away from helping the housing market and onto helping small business borrowing.

Some experts now believe this could lead to a small improvement in savings rates in the coming months, just in time for the new Isa season, when savings account providers traditionally increase competition.

Sylvia Waycot, editor at financial information website Moneyfacts.co.uk, said: "It will take a little while for better savings rates to hit the Moneyfacts best buy tables, but as Isa season is almost upon us that would be the obvious place to see the first signs of rate recovery."

"2013 has been a dismal year for savers; 2014 is already sounding so much better."

Consumer group Which? highlights how the returns on cash Isas, a tax-free way of saving your money, have become "almost unrecognisable".

Back in 2000, the best rate on a cash Isa peaked at 7.25 per cent, meaning that if you had invested £6,000 into this account, you would have earned £435 a year in interest, provided the rate stayed the same.

Nowadays, an instant access deal offering a rate of 1.75 per cent is among the top-paying accounts for a cash Isa. Investing £6,000 in a cash Isa with this rate would earn you just £105 a year in interest.

Which? says that despite plummeting Isa rates, it's always a good idea to make full use of a tax-free account before turning to one on which tax has to be paid.

You have until April 5, 2014, to use up the cash Isa limit of £5,760 for the current tax year.

**Vicky Shaw**

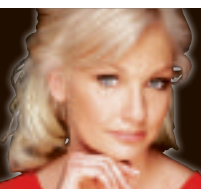
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You're remembering the past through rose-tinted spectacles my friend. Take them off before you end up making promises which could be your downfall.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

It seems as if you have some goodbyes to say as one chapter of your life ends and another one begins. This is a time of good growth for you.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

This is a great day for working closely and productively with others. Your stars bring out the best in you and you stop doubting your strengths.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Don't be afraid to take on the role of student. Not even you can possibly know everything my friend and information you take in will boost your career.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

It seems that you are spending your time thinking about someone you're not with. Surely then you would be far better to change that.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Courage is what you need right now to make the decision which you and I know will make you truly happy. Keeping your cool is also your prime tool.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Try to be careful of what you say about the people around you. Although you may think certain conversations have been private, ears are everywhere.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

This is a life changing week for many of you Virgos as your head and heart finally work together to leave you in no doubt as to what you want and who you want.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

The need to get away and have private time may not meet with the approval of your close ones. Stand your ground and don't back down. It's best all round.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Don't act on gossip as, not only is it likely to be fiction, it is dangerous. If you talk you could end up being blamed for starting rumours. Seal those lips.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

This is a really lucky time for new relationships. Saying sorry to someone you know who is due an apology puts things back as they were. Call them.

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DEC 23-JAN 20

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## Dinner and a Movie



and a goodie bag from The Hobbit

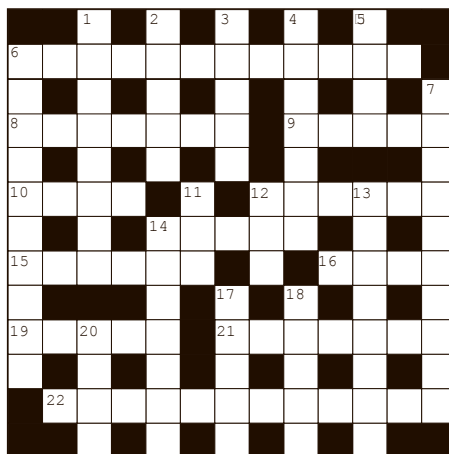
★ Fancy winning dinner and a movie for you and a friend? And then perhaps share out the contents of your goodie bag full of merchandise from *The Hobbit: The Desolation of Smaug*.

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine), a pair of tickets to the cinema and a goodie bag which includes a branded T-shirt, beanie, pen, bracelets and badges. To be in with a chance of winning, just tell us what special power Gollum's ring provides.

- Invisibility
- Super strength
- Time travel

Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is December 19, 2013. You must include your name and postal address.

## Crossword



### ACROSS

- Food item (9,3)
- Difficult (7)
- Anything worthless (5)
- Squirrel's nest (4)
- Sixpence, informally (6)
- Hirsute (5)
- Suds (6)
- A present (4)
- Directly below (5)
- Short pithy saying (7)
- Swimming style (12)

### DOWN

- Tie for first (4,4)
- Fire a weapon (5)
- Frozen dew (5)
- Receptacle for smoked cigarettes (7)
- Travel permit (4)
- Disgraceful (10)
- Beneficent (10)
- Pitch (3)
- Attempt (3)
- Certain, definite (6-2)
- Gossip (7)
- Pimples (5)
- Major artery (5)
- Mend with stitches (4)

ACROSS: 1. Dead heart; 2. Shoot; 3. Frost; 4. Ashtray; 5. Visa; 6. Scandalous; 7. Charitable; 8. Lather; 9. Gift; 10. Under; 11. Tar; 12. Try; 13. Nailed-on; 14. Proverb; 15. Under; 16. Gift; 17. Spots; 18. Aorta; 19. Dam. DOWN: 1. Tie for first; 2. Fire a weapon; 3. Frozen dew; 4. Receptacle for smoked cigarettes; 5. Travel permit; 6. Disgraceful; 7. Beneficent; 8. Pitch; 9. Attempt; 10. Certain, definite; 11. Gossip; 12. Pimples; 13. Major artery; 14. Mend with stitches.

## Sudoku

### EASY

	5	7	6	9		4	8	1
2	9		4	7				6
6	4	1	5	3		7	2	
5	6	3		4	9		7	2
7	8	4			6	9		
	1		7	5	3	6	4	8
8	7	5		6				3
	2	6			5	8		
			2		7	5	6	

### HARD

								9
4	9	6						
		8			3	4		1
1						9		4
			9					
		2		4			6	7
8					7		1	
7	2		8	3				
	5			1				

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



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# Injection of £300,000 sees top class hockey return

## HOCKEY

The chairman of an east London hockey club is hoping investment totalling more than £300,000 will help propel home-grown talent to national success.

Stuart Burnside, of Wapping Hockey Club, began this season with a mission to establish his side as a national league club by 2015.

Fielding 20 teams, it is the biggest of its kind in east London and recently scooped approval from Tower Hamlets Council – as well as a £300,000 cash injection – to redevelop

the John Orwell Sports Centre into its home turf hockey venue.

It has since been designated as a hockey priority facility, meaning the return of the first class form of the sport to the pitch.

Stuart said the club was “humbled” by the authority’s commitment and would also be investing alongside the borough, with future hopes of securing a Sport England grant.

“This community sport development is going to be something that Wapping and wider east London can be really proud of,” he said.

“I am extremely excited, this

## What’s the long term plan for Wapping?

“This is another major step on the road to Wapping internationals playing in the 2018 World Cup.”

investment is another major step on the road to Wapping internationals playing in the 2018 World Cup – our five-year plan.

“We are also planning an

expansion into the Lee Valley Olympics legacy site and we will be putting our own transport links into place to connect what will become the two best hockey sites in east London.”

The club has also pledged to expand its youth and disability offering following the funding announcement. In addition it has vowed to create more pitches without splitting the club.

## Beth Allcock

For more information about Wapping Hockey Club, email chairman@wappinghockeyclub.com.

## THE FANS' ROAR

By Ian Toal

## Seventh home win is a run to build on

### Millwall Supporters Club

millwallsupportersclub.co.uk

The Championship table looks a lot healthier for us after our vital 2-1 win against Wigan Athletic at The Den on Saturday.

We made it hard for ourselves though. Rejuvenated striker Steve Morison put us ahead after just 92 seconds and, when substitute Jermaine Easter latched onto an exquisite through ball by Liam Trotter and fired home past ex-England keeper Scott Carson to put us two up, we thought we would coast home.

But Wigan got a goal back within a minute of Easter netting through James McArthur and it needed a smart stop by David Forde to guarantee the three points.

And at the moment the priority is points rather than performances and with us up to 17th things are looking a little bit better. Our trip to Ewood Park this Saturday won't be easy but it's a good place to build.

Blackburn v Millwall, Sat, 3pm.  
Full column on wharf.co.uk.

## SPORT IN BRIEF

### Round-up

### Lions return to winning ways

**BASKETBALL** London Lions maintained their impressive start to the season with a comfortable 101-72 victory over Birmingham Knights at Stratford's Copper Box.

Ben Smith led the way for the London side with 22 points.

The Lions travel to defending champions Leicester Riders on Saturday, where they will look to return to the top of the table.

### Blackheath get flattened away

**RUGBY** Old Albanian saw off Blackheath in style at The Woolllams Playing Fields, steam-rolling them 53-16.

Blackheath now return to Rectory Field for two home games prior to Christmas, starting with Wharfedale on Saturday. Kick-off is 3pm.

### Millwall cruise to away victory

**RUGBY** Millwall's first team won 27-7 against Kings Cross Steelers last weekend.

In a tough game for the east Londoners, Jake Vinnicombe, Shaun Cook, Sean Edwards and Matt Hopkins scored the tries to see them to victory.

Millwall's next match is against May & Baker on January 11, after the Christmas break.

# Big Sam's men face tough test at home

## WEST HAM

Irons must strike on Saturday to lift side away from the relegation slots

Rob.Virtue  
@wharf.co.uk

A big week looms for West Ham with bottom of the league club Sunderland making a visit to the Boleyn Ground on Saturday.

The pressure is on Sam Allardyce's men to pick up maximum points from that clash to lift them away from the relegation zone.

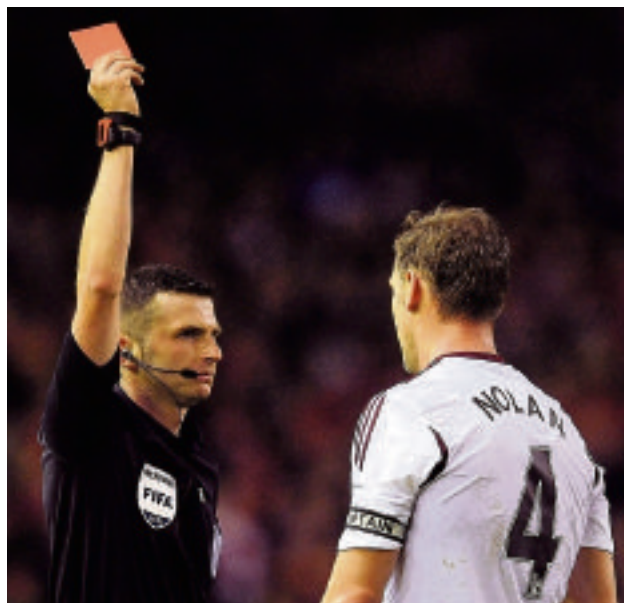
And the following Wednesday, the Hammers travel to White Hart Lane for the League Cup quarter final against Tottenham Hotspur.

But it's Gus Poyet's Sunderland who the Hammers are focused on and Allardyce will have to decide whether to shuffle the pack to make sure of a win in the crucial clash.

Kevin Nolan is suspended following last week's sending off in the 4-1 defeat to Liverpool.

Carlton Cole will be hoping to start after he failed to feature at Anfield.

And calming words came this



Kevin Nolan won't feature after being sent off at Liverpool

week from Hammers legend Billy Bonds, who said he was supporting Allardyce.

“His brief was to get the club out of the Championship into the Premier League and then to cement that in place,” said Bonds.

“We're not in a desperate position because if you're four or five points adrift then you start to worry but we're not in that position – we're one win away from being mid-table – it's that tight.”

West Ham v Sunderland, Sat, 3pm.

# Addicks need the points

## CHARLTON

THE Addicks face the Championship's form side on Saturday when Derby County come to town.

The free-scoring team have won their last five games under recently appointed boss Steve McLaren – scoring 14 goals in the process.

But Charlton are currently one place above the relegation zone and need points to drag themselves up the table as they enter the busy Christmas period.

So they will have to brush themselves down from their disappointment at Yeovil last week, which

saw them lose a two goal lead to end with a 2-2 draw.

Good news for the south-east Londoners is two-time player of the year Chris Solly is back.

He was a late substitute in Somerset and will now be pushing Lawrie Wilson for that right-back spot.

Captain Johnnie Jackson will miss out on Saturday as he begins the first of a three-match ban for his sending-off last week.

That could see returns for Bradley Pritchard and Callum Harriott, who have been frozen out in recent weeks.

## Rob Virtue

Charlton v Derby County, Sat, 3pm.

## WEEKEND FLUTTER

### RACING

It is hard to get away from the claims of **The New One** at Cheltenham on Saturday, as he attempts to enhance his Champion Hurdle credentials by winning the Stan James International Hurdle.

Nigel Twiston-Davies' inmate blew away former Champion Hurdle winner Rock On Ruby on his comeback in October and should be tough to beat once again.

Ed Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

### FOOTBALL

One win in nine looks a grim statistic for **West Brom** but the Baggies have played some decent football over the period and can end their sticky spell with a win in the Welsh capital.

Cardiff are a hard working side but lack quality in forward areas and may find themselves outgunned by a side looking to find some form.

Daniel Childs

## WITH THE RACING POST

## the Wharf LEAGUE

### RESULTS

#### DIVISION ONE

Cavendish Allstars 5  
Carlos Has The Eyes 6

Abou 5  
Athletic Pasty 5

Camden Parkway FC ● 11  
Bayer Neverlusen 5

Landas Pandas 10  
Docklands Saints 0

#### DIVISION TWO

The Wharf FC 4  
Pavilion Casuals ● 16

We Got No Fans 10  
Hurford Salvi Carr 0

Le Coc FC 10  
Bathalona AFC 14

PCFC 11  
Jubilee Utd 4

#### DIVISION THREE

Wide FC ● 14  
FC Hangover 12

Efan Ekoku's Elite 17  
Syniverse 4

Mentor 11  
Newport Dodgers 8

ISS Tigers 6  
Centrepont 8

Last games on December 4.  
● = Current league leaders.  
The Wharf League is played at Powerleague in Crosshairbour.  
Go to powerleague.co.uk.



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# PROPERTY

Wharf

Canary Wharf's leading property guide



Put some seasonal cheer on your table

P16

Mo better way to raise some cash for charity

P14

# 3

of the best properties available in London

P14



## Affordable provider on central city living

Why Aldgate East scheme targets those on modest income [Page 15](#)



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**Guide: £1,250,000**

Sharon Gardens, E9

A four-bedroom, one-bathroom detached house in Hackney located close to London Fields railway station.

stirlingackroyd.com

## Spend more



**Guide: £430,000**

Queensbridge Road, E2

A two-bedroom flat on the fifth floor of this new block in Haggerston. Perfect for East End workers.

stirlingackroyd.com

## Spend less



**Guide: £195,000**

Henriques Street, E1

A chance to buy a studio flat in an east London school conversion. Open plan design is ideal for one-room living.

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## We're proud to wear our charity push on our lips

**Beth Allcock**  
@wharf.co.uk

The quest for a truly fashionable tache might not have gone quite to plan for Limehouse estate agents dubbed "rejected extras from *Magnum PI*" – but the fundraising chunk of their Movember mission proved a success.

Five of Rubicon Estate's male contingent opted to take part in last month's challenge to secure cash to support men's testicular cancer charities.

Fundraiser Joseph Laity said staff were more than willing to endure a "month of mockery" for the cause close to their hearts, scooping £672 for the charity initiative in the process.

He said: "I aspired to a style of moustache made famous by Charlie Chaplin and infamous by Hitler. Unfortunately the blondness of it meant it lacked the conviction of either, and instead I simply looked as though I'd just stepped out of



Rubicon's hirsute gentlemen pose with a female colleague. Joseph Laity is second from right

Shoreditch, which to be fair, I had. It was a fairly unanimous opinion that company director Neil Parlour had most success.

"Not only did he raise the most money, but his moustache was certainly the strongest – a real

# Five

agents took part in Movember

throwback to a time of psychedelia, disco-balls, and moral ambiguity."

Following this year's success the team hope to double their total in 2014.

Go to <http://uk.movember.com/team/983241> to donate.



An artist's impression of London Square's Leonard Street

## Pair of prizes for London Square

A NEW developer on London's property scene has scooped a duo of prizes at the *What House?* Awards 2013.

Judges deemed London Square, founded by Adam Lawrence following the 2010 recession, to have made a "remarkable impact" on the sector, which has involved the creation of a development in Leonard Street, Shoreditch.

The EC2 scheme of 42 apartments, nestled between the trendy east London district and the City, was awarded a Silver accolade for Best Apartment scheme for both its

facilities and "uber-groovy profile". The ceremony's Bronze Award for Best Small Housebuilder was also presented to London Square staff.

Rebecca Littler, sales director, said: "We are delighted to receive this excellent recognition for our highly talented and hardworking team.

"In almost four years we have built a business from scratch and last week saw the launch of our impressive Fulham development.

"Building homes that people really want to live in is what London Square is all about."

**Beth Allcock**

Rebecca Littler picks up the awards





# Scheme proves a hit as flats go on market

Developer says its apartments are aimed at those on modest incomes

**Beth Allcock**  
@wharf.co.uk

**T**he allure of shared ownership properties in a Zone One London location has seen more than half of an Aldgate East scheme snapped up since its launch.

With a perfect commuter position above the area's Underground station, the 21 one-and-two bedroom apartments at Aspire offer Londoners a way to step foot onto the property ladder.

Lisa Ley, senior sales manager at Network Living, said the housing provider had specifically targeted those on modest incomes for its latest offering, nestled between the Square Mile and City Fringe.

"Affordable apartments of this calibre, in such a central location, are a rarity," she said.

"As a housing association we have looked long and hard at the figures, and have made significant adjustments to make sure that they remain within the reach of those on a modest income – by offering shared ownership and by lowering the rent levels paid by the resident on the share of the property not yet in their possession."

Taking into account high property values in the surrounding area, Network Living has reduced subsidised rent rates at Aspire.

It estimates this will mean buyers opting for a one-bedroom apartment



A show home interior at Aspire at Aldgate East. More than half of the flats there are now taken

can save about £205 per month. For a total monthly outlay of £849.48, buyers will be able to purchase a 35 per cent share of a one-bedroom apartment at the multi-storey scheme, which recently scooped the title of Best High Rise Development 2013 at the UK Property Awards.

Boasting a 24-hour concierge service and large balconies for some of its properties, Aspire is also on the doorstep of Shoreditch and

**How have you made city living affordable?**

**"We are offering shared ownership and are lowering the rent levels paid by the resident on the share not in their possession."**

**Lisa Ley**

surrounding, vibrant areas catering to the needs of young professionals.

Apartments range from £297,000 to £562,000 and, following an initial purchase, homeowners can buy further shares until they own 100 per cent of their property.

For more information, call Cubitt & West on 0844 335 2240 or email shared.ownership@cubittandwest.co.uk. Go to [networkliving.co.uk](http://networkliving.co.uk) for its entire portfolio of properties.

## Final flat at development is still available

A LUXURY duplex apartment is the sole offering on Family Mosaic's books at a successful residential development in Greenwich.

With a price tag of £620,000, the shared ownership provider claims the property, within Central Park's Jubilee Heights phase, offers a standard of living that is "second to none".

Lauren Nicholson, of Family Mosaic, said: "This duplex apartment presents the last chance to buy both size and quality at a competitive price, and it is the high specification finish that really completes the premium feel of this home."

Split over the 13th and 14th floors, the 1,277sq ft two-bedroom apartment offers open interiors with a layout designed for a family.

It also boasts a spacious private terrace with panoramic views across the capital, as well as a location just 10 minutes from Greenwich's DLR and National Rail stations. Go to [centralparkliving.co.uk](http://centralparkliving.co.uk).

**Beth Allcock**



**The one remaining duplex apartment at Central Park's Jubilee Heights phase**



You must get everything on paper, always

**Q** One of my tenants has asked if she can change our rental agreement, so she starts paying monthly rather than at the quarterly rate we originally agreed. So far she has been a great tenant and I really cannot imagine having any problems with her but do you think there is a need to put this new arrangement in writing?

**A** It is crucial for any landlord to be aware of everything that is expected of them.

Landlord and tenant relationships can be difficult. You are fortunate enough to have a good relationship with yours.

However, it is worth remembering that even the best relationships can turn sour due to unforeseen issues in the long run.



Writing it down means there is something solid to refer back to

Many disputes between landlords and tenants end up in court and often relate to problems caused by a failure to make clear and comprehensive agreements in writing.

You should always draw up a tenancy agreement, with a view to updating it if and when necessary.

Dates for the rental payment are a fundamental part of letting property. Any failure to meet such payments could potentially lead to a tenant's eviction so it is in everyone's best interests to outline any change to a contract as clearly as possible.

Since you are not renting through a professional I would always recommend that you seek advice from a lawyer when making amendments to a contract.

Failure to do so could make your changes null and void leaving you exposed if the worst did happen. The best thing to do is sit down with your tenant and come up with a form of words you're both happy with.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk).





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bittenlondon.com



**RIGHT**  
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Bowl, £19, Glass bauble, £6  
Brissi, brissi.com



**ABOVE**  
Glass baubles, set of four, £5  
Tesco, tesco.com

**LEFT**  
Porcelain 12-piece dinner set, £20,  
Four Champagne flutes, £10, Gold  
party plates, £2.92 (20), Crackers,  
from £10  
Tesco, tesco.com

**RIGHT**  
Gold tree  
candle, £8  
M&S, marksand  
spencer.com



**BELOW**  
Frosted  
votives,  
£24.50  
White Alison  
At Home  
alisonat  
home.com



**ABOVE**  
A 12-piece, dinner set, £40, Silver  
lustre wine goblets, £17, Jewel  
pillar candle holder, £12  
Tesco, tesco.com

**BELOW**  
3D gold standing tree, £1, gold  
crackers, box of eight, £1 Charger  
plate, £1  
Poundland, poundland.co.uk



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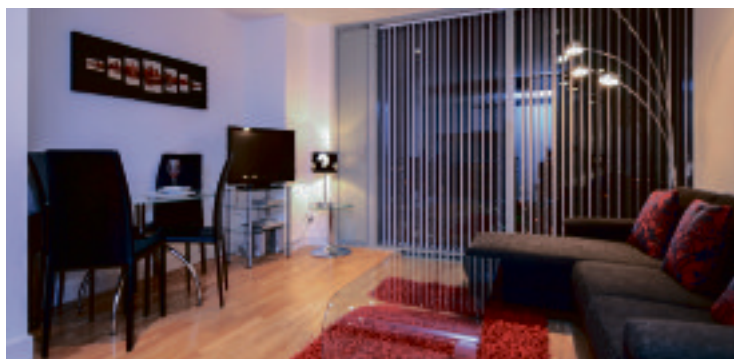
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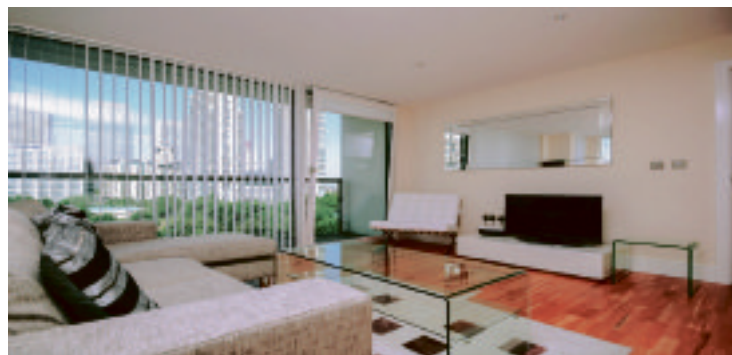
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£ 400 p/w



## Lanterns Court · Coabl Point · E14

An immaculate 10th floor two double bedroom apartment with views of London set within the popular Lanterns Court development in the heart of South Quay. The property includes contemporary fixtures and fittings and wooden flooring throughout and is offered in superb condition.

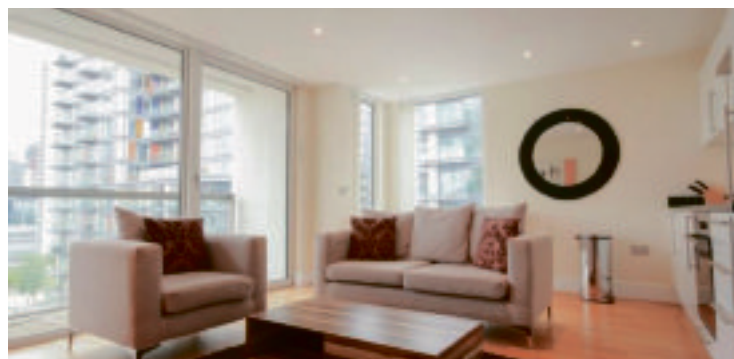
Asking Price £ 465,000



## Lanterns Court · Denison House · E14

Located on the 6th floor of Denison House within the Lantern's Court development, located 2 minutes walk to South Quay DLR, in the heart of canary Wharf. The accommodation comprises 3 bedroom and 2 bathrooms, master bedroom with en-suite, a smart open plan kitchen, with integrated appliances, reception area with floor to ceiling windows boasting lots of natural light.

Asking Price £ 600,000



## Lanterns Court · Cobalt Point · E14

2 bedroom, 1 bathroom apartment | Available December | Close to South Quay DLR | Fully furnished | 24 Hour Concierge Service |

£400 p/w



## Lanterns Court · Cobalt Point · E14

2 bedroom, 2 bathroom apartment | Available Now | Close to South Quay DLR | Fully furnished | 24 hour Concierge | Fully equipped Gymnasium | Allocated underground parking space included

£625 p/w

# ASHLEY KING

## ESTATE & LETTING AGENTS



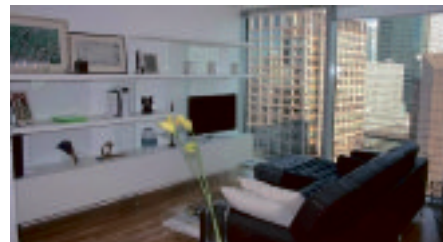
**City Towers E14** **£315 per week**

- One Bedroom Apartment
- One Bathroom
- Ideal Location
- Fully Furnished
- 24 Hour Concierge
- Private Balcony



**Vermilion E16** **£360 per week**

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Fourth Floor
- Fully Furnished
- Close To Transport



**Landmark East E14** **£425 per week**

- One Bedroom Apartment
- One Bathroom
- Close To Canary Wharf
- Modern Interior
- 24 Hour Concierge
- Leisure Facilities



**Denison House E14** **£310 per week**

- One Bedroom Apartment
- One Bathroom
- Leisure Facilities
- Private Balcony
- 24 Hour Concierge
- Great Location



**Turner House E14** **£325 per week**

- One Bedroom Apartment
- One Bathroom
- Private Balcony
- Secure Development
- 24 Hour Concierge
- Leisure Facilities



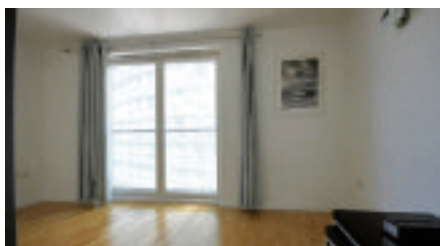
**Pan Peninsula E14** **£1500 per week**

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- 24 Hour Concierge
- Leisure Facilities
- Modern Interior



**Ontario Towers E14** **£284,888**

- Studio Suite Apartment
- Seventeenth Floor
- Floor to Ceiling Windows
- 24Hrs Concierge
- Leisure Facilities
- 999 Year Lease from 2006



**New Providence Wharf E14** **£264,888**

- Studio Apartment
- Separate Kitchen
- Thirteenth Floor
- 24Hrs Concierge
- Leisure Facilities
- 999 Year Lease from 2004



**Baltimore Wharf Apartments E14** **£649,888**

- Two Bedroom Apartment
- Tenth floor
- Bright & Airy
- Docks Development
- 24Hrs Concierge
- Leisure Facilities



**City Tower E14** **£384,888**

- Two Double Bedrooms
- Two Bathrooms
- Ideal Location
- Private Balcony
- West Facing
- Allocated Parking Space



**Lanterns Court E14** **£339,888**

- One Bedroom Apartment
- Ninth Floor
- Floor To Ceiling Windows
- South Facing
- Long Lease
- Walking Distance To Canary Wharf



**Phoenix Court E1**

Ashley King are now in receipt of an offer for the sum of £700,000.00 for flat 1, 4 and 5 Phoenix Court, Buckhurst Street, London, E1 5QY. Anyone wishing to place an offer on this property should contact Ashley King Estate Agents on 020 7190 3300 before exchange of contracts.

www.AshleyKingUk.com Docklands@AshleyKingUk.com  
5 Harbour Exchange Square, Marsh Wall, London E14 9GE

**020 7190 3300**

☎ lines open 8am - 12am





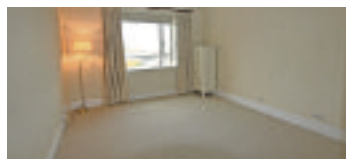
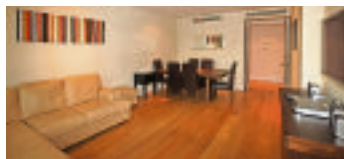


RiverHabitat.co.uk

# River Habitat

Property Brokers

## DOCKLANDS & CANARY WHARF



**£799,999 OR £750 PW**  
**EATON HOUSE, CANARY RIVERSIDE, LONDON, E14**

- \* Two double bedroom
- \* Living space of 1,302 sq. ft
- \* Situated on the fifth floor
- \* One car parking space
- \* Balconies off the lounge and Master Bedroom
- \* Canary Wharf Tube & DLR are near by



**NAVAL HOUSE, NAVAL ROW,  
 LONDON, E14  
 £250 PW**

- Two bedroom furnished apartment
- Situated on the second floor
- Transport links to The City and Canary wharf
- Available 18th December 2013



**DENISON HOUSE 105 LANTERNS  
 COURT, LONDON, E14  
 £310 PW**

- Spacious one bedroom apartment
- Furnished
- Concierge and Gym Facilities on Site
- Available 17th December 2013



**DISCOVERY DOCK APTS EAST,  
 SOUTH QUAY, LONDON, E14  
 £764,994**

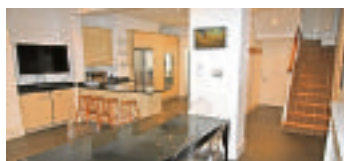
- Two double bedroom Apartment with Parking
- Situated on the 11th floor
- Full width balcony off the Reception with Dock views
- Concierge, Swimming Pool and Gym



**FREE TRADE WHARF, 340 THE  
 HIGHWAY, LONDON, E1W  
 £520 PW**

- Two bed part-furnished apartment
- Huge Riverside Terrace for Entertaining
- Secure underground parking - separate negotiation
- Available 15th January 2014

## BLACKHEATH & GREENWICH



**£1,450,000 FHD**  
**LANGDALE ROAD, GREENWICH, LONDON, SE10**

- \* A beautiful six bedroom period house
- \* Circa 2,800 Sq. Ft.
- \* Lovely rear garden for entertaining
- \* Short walk away from Greenwich Park



**MAZE HILL, GREENWICH,  
 LONDON, SE10  
 £600 PW**

- Separate kitchen opening out into the rear garden
- Good sized attic for storage and a garage
- Dining room/Reception room
- Furnished • Available Now



**MAURER COURT,  
 JOHN HARRISON WAY, SE10  
 £455 PW**

- Beautiful Three Double Bedroom River View Flat
- Direct river facing circa. 1,100 sq. ft
- Views of Internal Landscaped Courtyard also
- Dedicated Parking Space



**FEATHERS PLACE,  
 GREENWICH, SE10  
 £911 PW**

- Four bedroom modern house
- Situated in the heart of Greenwich
- West facing rear garden
- First floor reception which covers length of house



**GLENLUCE ROAD  
 BLACKHEATH, LONDON, SE3  
 £808 PW**

- Circa. 2,500Sq. Ft. Detached Five Bedroom House
- Large Garden for Entertaining and a Garage
- Off-Street Parking
- Available 17th December 2013



[www.RiverHabitat.co.uk](http://www.RiverHabitat.co.uk)

020 7791 9830

Info@riverhabitat.co.uk

The Suite LG, 655 Commercial Road, Limehouse, London E14 7LW





**lourdes-estates.com**  
**020 7538 9250**



#### **Adventurers Court, Virginia Quay, E14**

- One bedroom apartment
  - Private balcony
  - 24 hour concierge
  - Secure Parking
- £300 per week** EPC = B



#### **Vantage Mews, London, E14**

- Two bedrooms
  - Two bathrooms
  - Secure Parking
  - Private balcony
- £395 per week** EPC = B



#### **Lockesfield Place, London, E14**

- Three bedrooms
  - Two bathrooms
  - Private balcony
  - Secure parking
- £425 per week** EPC = D



#### **Saxon House, Aldgate, E1**

- Warehouse conversion
  - One bedroom
  - New Kitchen
  - New bathroom
- £485 per week** EPC = C



#### **West India Quay, London, E14**

- One bedroom apartment
  - Fully furnished
  - Secure parking
  - 24hr concierge
- £515 per week** EPC = B



#### **Ocean Wharf, London, E14**

- Duplex penthouse
  - Three double bedrooms
  - Two bathrooms and a WC
  - Wrap around terrace
- £995 per week** EPC = D



#### **Fusion Building, Commercial Road, E14**

- Two double bedrooms
  - En suite
  - 12th floor
  - City views
- £315,000** EPC = B



#### **Brunel House, Westferry Road, E14**

- Two double bedrooms
  - Two balconies
  - Desirable development
  - Secure parking
- £350,000** EPC = C



#### **Pan Peninsula, South Quay, E14**

- Studio Suite
  - Approx 550 Sq ft
  - 32nd floor
  - 5\* leisure facilities
- £450,000** EPC = B



#### **New Providence Wharf, Fairmont Avenue, E14**

- Two double bedrooms
  - Private balcony
  - 5th floor
  - Valet parking
- £499,999** EPC = D



#### **Arnhem Wharf, Westferry Road, E14**

- Two double bedrooms
  - Direct River view
  - Secure parking
  - Good location
- £525,000** EPC = C



#### **Queens Court, Northey Street, E1**

- Two double bedrooms
  - Two balconies
  - Spacious
  - Five mins from DLR
- £495,000** EPC = C

96 Three Colt Street, Limehouse, London, E14 8AP  
enquiries@lourdes-estates.com







## Landmark East Tower, E14

£1,699,950 Leasehold

A 3 bedroom, 2 bathroom penthouse on the 44th floor in this prestigious development. Measuring in excess of 1800 sq ft the apartment also features a south-facing balcony, towering views of the river & Canary Wharf & 2 secure parking spaces. EPC rating C.



## Anchorage Point, E14

£699,950 Share of Freehold

An 878sq ft sub-penthouse, 7th floor 2 bedroom 2 bathroom apartment with spectacular West-facing river & City views in the well-regarded Anchorage Point development. The property boasts a superior location, close to the top of Westferry Road. EPC rating C.



## Basin Approach, E14

£1,950,000 Leasehold

A spectacular 2126sq ft 11th floor 3/4 bedroom penthouse apartment on the Limehouse Marina. The property boasts high-specification fixtures & fittings throughout, a very sizeable Canary Wharf-facing roof terrace & wonderful 360 degree views. EPC rating C.



## New Providence Wharf, E14

£399,950 Leasehold

An East-facing 17th floor 1 bedroom apartment in E-block of New Providence Wharf. The property boasts spectacular river views, a modern internal finish, & a balcony accessible from both the reception & bedroom. Offered chain free. EPC rating C.

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### Langbourne Place, E14

£350 per week

A spacious and modern apartment in this popular riverside development. The property benefits from a large open plan kitchen/reception, 2 double bedrooms, 2 bathrooms and excellent storage. The development is secure and has car parking available. Walking distance to Island Gardens DLR and the Greenwich Foot tunnel the property is ideally placed for access across London. EPC rating D.



### New Providence Wharf, E14

£495 per week

A stunning 2 double bedroom 2 bathroom property in this sought after development New Providence Wharf. The property benefits from direct river views from the reception, balcony and both bedrooms, generous reception with wooden floors and open plan kitchen. There is good storage throughout, both bedrooms have fitted wardrobes, the master bedroom also benefits from an en suite bathroom. The development boasts excellent facilities including concierge and on site pool and gym. EPC rating C.



### Poseidon Court, E14

£450 per week

A beautiful riverside apartment in this very popular development close to Mudchute DLR station. The apartment comprises 2 spacious double bedrooms both with good storage and the master with an en suite bathroom, family bathroom, large reception with open plan fully fitted kitchen and private balcony boasting direct river views. The apartment has a secure allocated parking space and the development itself benefits from a 24 hour porter, gym and swimming pool. EPC rating D.



### Woodland Heights, SE3

£462 per week

A charming and spacious apartment in this beautifully finished residential block walking distance to the amenities of both Greenwich and Blackheath. The property comprises 2 double bedrooms, 2 bathrooms, large open plan reception/kitchen with direct access to a private balcony and shared garden with views of Canary Wharf and across London. The property benefits from high ceilings and feature window and also has parking available at separate negotiation. EPC rating C.

#### Stoneyard Lane, E14

£315 per week

A 2 bedroom apartment on the second floor of this secure development close to Poplar DLR station. The apartment comprises 2 bedrooms, 1 bathroom, reception, separate kitchen, balcony and allocated parking space. The development itself is located moments from the amenities of Poplar High street. Available now! EPC rating B.

#### Tradewinds, E16

£365 per week

A modern apartment in this residential development close to Pontoon Dock DLR station and City Airport. The apartment benefits from a spacious reception with access to a balcony overlooking the gardens, separate fully fitted kitchen, 2 double bedrooms (master with en suite) and separate family bathroom. The apartment has excellent storage and the development benefits from a concierge and gym. EPC rating B.

#### Berkeley Tower, E14

£650 per week

Chesterton Humberts are pleased to offer this 13th floor, 2 bedroom, 2 bathroom apartment in Canary Wharf's premier development. Boasting towering views of the river and Canary Wharf, this spacious (1200 sq feet) apartment features 2 large bedrooms, 2 bathrooms (1 en-suite), concierge and is within easy walking distance of Canary Wharf and all amenities. EPC rating D.

#### Ability Place, E14

£525 per week

A stunning dock facing apartment in this popular Canary Wharf development. The property boasts 2 double bedrooms both with fitted wardrobes, 2 bathrooms, open plan kitchen/reception with access to a large private balcony looking directly over the tree lined dock. The property is finished to the highest of standards and also comes with an allocated parking space. The development boasts a 24 hour concierge and gym and is located walking distance of Canary Wharf and all its amenities. EPC rating C. Available.

#### New Atlas Wharf, E14

£335 per week

A modern one double bedroom apartment in this popular riverside development near Canary Wharf. The property benefits from a large double bedroom, reception with balcony access and direct river views, separate fully fitted kitchen and modern bathroom. The property is available fully furnished and also benefits from parking. The development benefits from porter and gym. EPC rating B.

#### Constable House, E14

£365 per week

A modern one double bedroom apartment in this popular riverside development near Canary Wharf. The property benefits from a large double bedroom, reception with balcony access and direct river views, separate fully fitted kitchen and modern bathroom. The property is available fully furnished and also benefits from parking. The development benefits from porter and gym. EPC rating B.

#### Stainsby Road, E14

£330 per week

Modern two bedroom apartment ideally located for easy access to Canary Wharf and the City. The property comprises a light and spacious reception room, fully fitted kitchen, two double bedrooms, family bathroom and plenty of storage. Located walking distance from all of Poplars amenities. EPC rating B.

#### Boardwalk Place, E14

£475 per week

A modern and spacious 2 bed apartment in this popular development in Canary Wharf. The property comprises 2 double bedrooms 2 bathrooms a separate fully fitted kitchen and large reception with a private balcony and beautiful marina views. The development is within walking distance of Canary Wharf and all its amenities and benefits from a 24 hour porter. EPC rating C.





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Aqua Vista, E3

£285,000 L/H

- Investment opportunity
- One bedroom
- Canal Views
- Luxury development

EPC - C

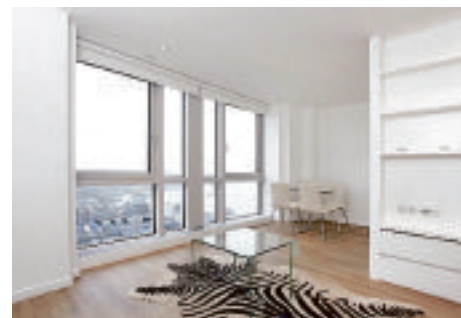


Wapping Lane, E1W

£315,000 L/H

- Luxury Studio suite
- Balcony, 6th floor
- 355sqft, south facing
- 24hr Concierge, gym & Spa

EPC - TBC



Ontario Tower, E14

£320,000 L/H

- Studio suite
- 22nd floor river views
- Newly refurbished
- 24hr concierge & gym

EPC - C

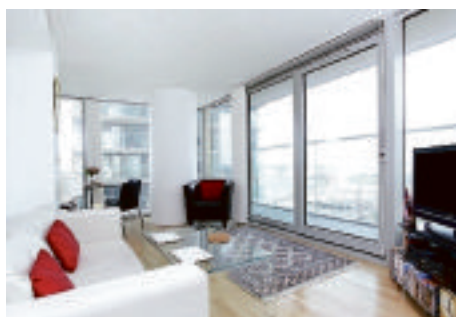


Mojo, E3

£385,000 L/H

- Investment opportunity
- Two bed, two bath
- Allocated parking
- Balcony, 8th floor

EPC - C



Landmark East, E14

£430,000 L/H

- One bedroom
- 11th floor, 559sqft
- Stunning Dock Views
- 24hr concierge & gym

EPC - B



Baltimore Wharf, E14

£450,000 L/H

- One bedroom
- Courtyard view
- 8th floor, 500sqft+
- 24hr concierge & gym

EPC - B

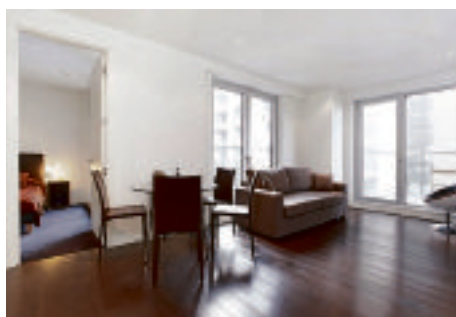


Canary Riverside, E14

£600,000 L/H

- Large apartment
- One bed, separate Kitchen
- Balcony & 24hr concierge
- Canary Wharf DLR & Jubilee

EPC - B



Baltimore Wharf, E14

£615,000 L/H

- Two bed, two bath
- 3rd floor, 829sqft
- Balcony
- Crossharbour DLR

EPC - B



Landmark East, E14

£680,000 L/H

- Two bed, two bath
- 28th floor, 872sqft
- Dock facing balcony
- Canary Wharf Jubilee & DLR

EPC - B

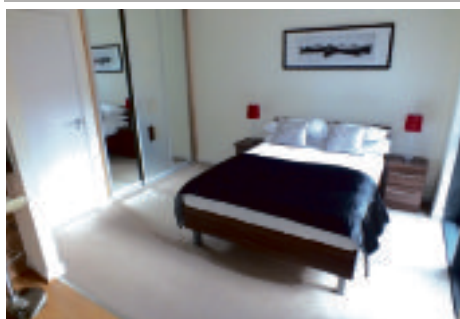


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**Tenant agency fees: £240 inc VAT administration fee per property, £48 inc VAT referencing fee per Tenant/Guarantor**



**Matchmakers Wharf, E9**

**£260pw**

- Studio apartment
- Canal side development
- Large Balcony
- 24hr concierge & gym

EPC - B



**Equinox Building, E14**

**£300pw**

- One Bedroom
- South facing Balcony
- Concierge
- Island Garden DLR

EPC - B



**Lymington Lodge, E14**

**£325pw**

- Two bedrooms
- Allocated parking
- Fully furnished
- Mudchute DLR

EPC - C



**Hera Court, E14**

**£330pw**

- Luxury Apartment
- One Bedroom
- Gym, Pool and Concierge
- Parking

EPC - C



**New Providence Wharf, E14**

**£380pw**

- One Bedroom
- Private Terrace
- 24hr Concierge
- Gym & Swimming Pool

EPC - B

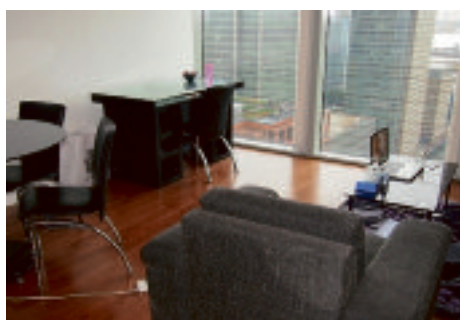


**Boatyard Apartments, E14**

**£395pw**

- Two bed, two bath
- Three balconies
- River Views
- Secure parking

EPC - B



**Landmark East, E14**

**£400pw**

- One bedroom
- River Views
- 24hr concierge & gym
- Heron Quays DLR

EPC - B



**Canary Riverside, E14**

**£695pw**

- Two bed, two bath
- River view
- 24hr concierge & gym
- Heron Quays DLR

EPC - B



**Landmark East, E14**

**£950pw**

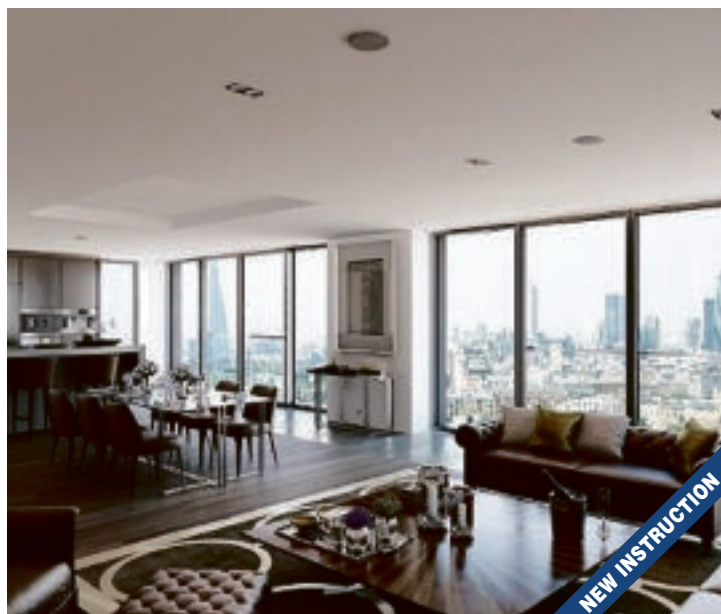
- Three bed, two bath
- 37th floor, West facing
- 24hr concierge & gym
- Heron Quays DLR

EPC - B





Estate Agents | Land & Development Consultants



### Satin House, E1

New to the market this 2 bedroom apartment in this highly sought after development. Goodman's Fields is a unique mixed use 7 acre development in the heart of London. This two bedroom, two bathroom 925 square foot apartment will have stunning views of Canary Wharf, The Docklands and The South Bank, from a 316 square foot balcony.

Furthermore the development will comprise of commercial space and a luxury hotel. Facilities will include 24 hour concierge, a health centre, pool, cinema, gymnasium, business lounge, public park and plaza. Furthermore, London Bridge, The Gherkin, St Katharine Docks, Spitalfields and The Barbican are all just on your doorstep!

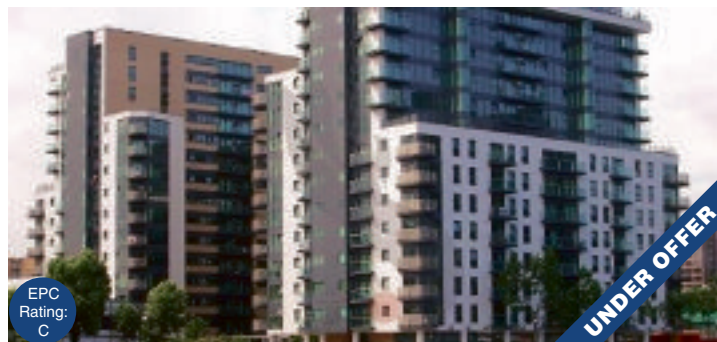
**£1,150,000**



EPC  
Rating:  
C

### The Heron, EC2Y

- £599,995
- Studio Apartment
- 17th Floor
- Stunning Views of London
- 24hr Concierge
- Private Members Club with Terrace



EPC  
Rating:  
C

### Millharbour, E14

- £465,000
- Two Bedroom Apartment
- 827sq ft
- Open Plan to Lounge/Kitchen
- Close to South Quay DLR
- 24hr Concierge



EPC  
Rating:  
C

### Aegon House, E14

- £369,950
- Two Bedroom Apartment
- Dual Aspect Views
- Sixth Floor
- Secure Underground Parking
- Chain Free



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www.alanselby.co.uk

Traditional values | A modern approach

ALAN SELBY  
AND PARTNERS

### The Heron, EC2Y

This twelfth floor 892 square foot two bedrooomed corner apartment with north and east views is now available in this highly anticipated development. The apartment offers generous floor space, comprising of a vast open-plan living area, two double bedrooms and two luxurious bathrooms. Floor to ceiling glass amplifies both the light and space in the apartment as well as offering incredible views.

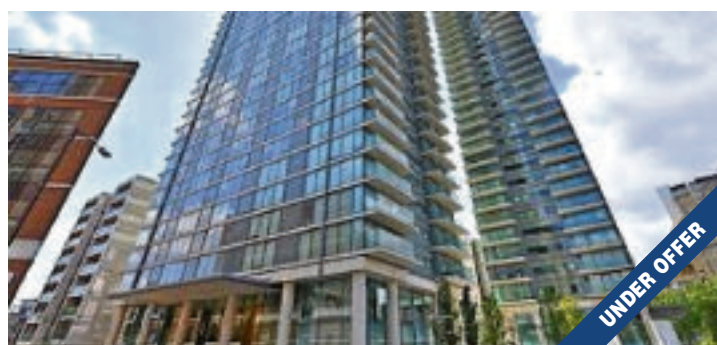
The apartment is finished to an extremely high standard; the living area boasts wideboard walnut coloured timber flooring, bespoke custom fitted cabinets finished in a light gloss lacquer and stone work surfaces. The kitchen offers fully integrated appliances including; a four burner hob, combination steam oven, fridge freezer, dishwasher, washer dryer and more. Furthermore, this apartment features a video-entry security system, surround sound and air conditioning. The Heron also offers residents with a tranquil landscaped roof garden and membership to The Heron's exclusive private club.

**£1,400,000**



### New Atlas Wharf, E14

- £1,200,000
- Three bedroom apartment
- 1500sqft internally
- Huge terrace and separate balcony
- Secure underground parking
- 24hr concierge



### Landmark, E14

- £385,000
- One bedroom apartment
- Superb views
- Chain free
- 24hr concierge
- Ideal location



### Papermill Wharf, E14

- £529,995
- Two bedroom apartment
- Located on Narrow St
- Day concierge
- Secure underground parking
- Over 900sq ft

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info@alanselby.co.uk  
www.alanselby.co.uk







Estate Agents | Land & Development Consultants



EPC  
Rating:  
C

### The Heron, EC2

- £1265 pw
- 2 Bedrooms
- Balcony
- Corner Apartment
- 24 Hour Concierge
- Now Let



EPC  
Rating:  
C

### The Heron, EC2

- £1000 pw
- Two Bedroom
- Corner Apartment
- North and East Views
- Floor to ceiling windows
- Available Now



EPC  
Rating:  
C

### The Heron, EC2

- £560 pw
- Galley Suite
- Floor to ceiling windows
- 24 hour concierge
- West Views
- Available Now



EPC  
Rating:  
C

### Vanguard Building, E14

- £415 pw
- Two Bedrooms
- Leisure Facilities
- 24 Hour Concierge
- Secure Parking
- Available December



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info@alanselby.co.uk  
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# ALAN SELBY AND PARTNERS

Traditional values | A modern approach



EPC  
Rating:  
C

## The Heron, EC2

- £650pw
- One Bedroom
- Roof-top Garden
- 24 Hour Concierge
- East Facing Views
- Available Now



EPC  
Rating:  
D

## Manchester Road, E14

- £365pw
- Two Double Bedrooms
- House with large garden
- Completely refurbished
- Unfurnished
- Available Now



EPC  
Rating:  
C

## Lovegrove Walk, E14

- £355pw
- Spacious two bedroom apartment
- Second floor
- Separate fitted kitchen
- Fully furnished
- Available Now



EPC  
Rating:  
D

## City Tower, E14

- £315
- 1 Bedroom
- Fully Managed
- 24-Hour Concierge
- En-Suite Bathroom
- Available now

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property services



## SOLD MORE HOMES NEEDED

Britannia Village Townhouse  
WAITING BUYERS

Tel: 020 7474 1234 sales@royaldocks.com



**Parr House E16** Leasehold £282,000  
• 2 Bed, 1 Bath, Flat • Balconies, Parking

Tel: 020 7474 1234 sales@royaldocks.com



**Wards Wharf Approach E16** Leasehold £239,995  
• 1 Bed 1 Bath 6Th floor • River & Park views, No chain

Tel: 020 7474 1234 sales@royaldocks.com



**Sunderland Point E16** Leasehold £255,000  
• 2 Bed, 2 Bath, Parking • River Views, No chain

Tel: 020 7474 1234 sales@royaldocks.com



## Sunderland Point Flat 5 Sunderland Point, 1 Hull Place, LONDON, E16 2SN

We are acting in the sale of the above property and have received an offer of £261,000.00 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before exchange of contracts takes place. The Energy Performance Certificate Rating is: Energy Efficiency Rating: 79/81 - (C-B) Co2 Omissions Rating: 68/71 - (D-C)

Tel: 020 7474 1234 sales@royaldocks.com



**Barrier Point** £300 per week\*  
• Large 1 bedroom riverside apartment • Views across the Thames  
• Secure allocated parking • Gym & Concierge included

Tel: 020 7474 1234 lettings@royaldocks.com



**Barrier Point** £350 per week\*  
• Two bedrooms two bathrooms • Close to Pontoon Dock DLR  
• Secure allocated parking + visitor parking • Large private terrace

Tel: 020 7474 1234 lettings@royaldocks.com



**Keats Avenue** £395 per week\*  
• Three bedrooms two bathrooms • Close to West Silvertown DLR  
• Garden, garage & private drive • Available 20th January

Tel: 020 7474 1234 lettings@royaldocks.com



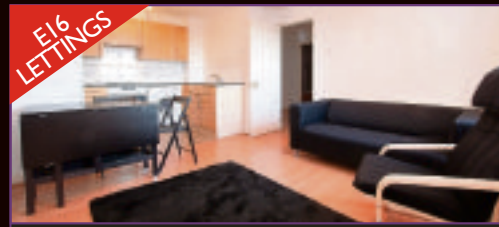
**Barrier Point** £350 per week\*  
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• Secure allocated parking + visitor parking • Opens onto large garden

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**Britannia Village** £290 per week\*  
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• Secure allocated parking • Available 22nd December

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\*FEES APPLY: £150+VAT admin fee, £75+VAT per person referencing fee & £125+VAT check out fee at the end of the tenancy



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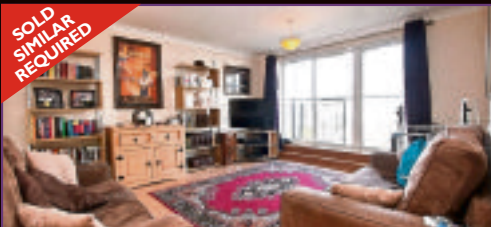
property services



**Fawe Street E14 £280,000 Leasehold**

- Top Floor apartment
- Large roof terrace
- High quality of finish throughout
- Close to DLR station

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**Virginia Quay E14 £290,000 Leasehold**

- Spacious one bedroom property
- 4th floor with balcony
- Secure parking
- Short walk to station & shops

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**Canary Central E14 £399,999 Leasehold**

- Two bed, two bath apartment
- Underground parking space
- Fantastic location for Canary Wharf
- Gym, swimming pool & concierge

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**Milligan Street E14 OIEO £475,000 Freehold**

- Large 3-bed townhouse
- Private rear garden
- Double garage
- Close to Westferry station

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**Lime Kiln Wharf E14 £395,000 Leasehold**

- Immaculately presented one bed apartment
- Just under 700 square feet
- Warehouse conversion style
- Located just off Narrow Street

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**City Tower E14 £349,995 Leasehold**

- 5th floor One bed flat
- Modern design, high quality
- Close to Crossharbour DLR
- Private balcony

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**Equinox Building E14 £295pw\***

- Modern one bedroom apartment
- Balcony
- Open plan kitchen
- Short walk to DLR

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**Virginia Quay E14 £315pw\***

- Spacious one bedroom apartment
- Balcony
- Secure parking
- Very close to the DLR

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**Galleons View E14 £350pw\***

- Luxury one bedroom apartment
- Dock views
- 13th floor
- On-site 24hr concierge

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**Virginia Quay E14 £380pw\***

- Two bed, Two bath Apartment
- Balcony overlooking the river
- Short walk to the DLR
- Secure Parking

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**Vermeer Court E14 £400pw\***

- Two bedroom duplex apartment
- Ensuite and walk in wardrobe to master bedroom
- Large balcony with river views
- On-site porter

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**Horizon Building E14 £495pw\***

- Luxury two double bedroom apartment
- Large balcony overlooking the wharf
- Secure parking
- Short walk into Canary Wharf

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\*FEES APPLY: £150+VAT admin fee, £75+VAT per person referencing fee & £125+VAT check out fee at the end of the tenancy



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To advertise call **Rebecca Ginn** on 020 7510 6402

## marketplace

### Property Display



#### **BOW, E3** **£159,950 L/H**

W.J.Meade are pleased to offer this first floor two bedroom apartment in a modern block. Open plan kitchen to reception, fitted bathroom and gas central heating (untested). Situated close to Devons Road and Bow Church DLR stations. Chain free. CASH BUYERS ONLY. EPC Rating C

**Tel: 0208 981 3331**



#### **BOW, E3** **£169,950 L/H**

W.J.Meade are pleased to offer this two bedroom apartment on the second floor of a modern block. Arranged over 550 sq ft, with open plan kitchen to reception and fitted bathroom. Situated close to Devons Road and Bow Church DLR stations. Chain free. CASH BUYERS ONLY. EPC Rating C

**Tel: 0208 981 3331**



#### **PUBLIC NOTICE** **FLAT 6, 92 CAMPBELL** **ROAD, LONDON, E3 4AE**

We are acting in the sale of the above property and have received an offer of £160,000 on the above property. Any interested parties must submit any higher offers in writing to the selling agent WJ Meade 391 Mile End Road London E3 4QS before exchange of contracts takes place. The Energy Performance Certificate Rating is C.

**Tel: 0208 981 3331**



#### **PUBLIC NOTICE** **FLAT 7, 92 CAMPBELL** **ROAD, LONDON, E3 4AE**

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### Trundleys Road SE8

Available December, three bedroom house in Surrey Quays, perfect for families and young professionals. Spread over two floors, this spacious end of terrace house benefits from a large open plan ground floor layout with the large living space and dining area, leading onto the large kitchen and accessible private garden to the rear of the property. On the first floor there are two spacious double bedrooms, and one generously proportioned single bedroom, also a lovely bathroom.

**3 Bed House £435 Per Week**



### Empire Square SE1

Available immediately, this stunning one bed apartment in the highly desired Empire Square development, benefiting from a 24 - 7 concierge service and just minutes to Borough Station & London Bridge Station. With a large open-plan living space and ample storage within the bedroom, this generous apartment is on the market for just £450 per week! This unique gated development offers modern living within a vibrant and lively part of the city. This property is ideal for young professionals who work within London, looking for a stylish and secure part of London to live in.

**1 Bed £450 Per Week**

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A selection of 1, 2 and 3 bedroom apartments available in the new **Greenland Place** development SE8

**Due for completion in 2014**

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### Plover Way SE16

Available now, this great two double bedroom, duplex flat situated in the popular Plover Way estate. This property has two spacious double bedrooms, two bathrooms (one of which is en suite), a large living area with plenty of storage and room for dining and a separate fully fitted kitchen and breakfast table.

You will also find a Juliette style balcony's in the living area and master bedroom. The property is available fully furnished and comes with communal parking.

**2 Bed Duplex £415 Per Week**



### Fairmont House, Maple Quays SE16

A stunning two double bedroom, two bathroom luxury apartment in Fairmont House, part of the much sought after Maple Quays development on the doorstep (less than a minutes walk!) of Canada Water station. The spacious living room is furnished to a modern standard and opens directly onto a lovely terrace. The master bedroom has an enormous amount of storage, and a lovely en suite shower room. The second bedroom is also an excellent size. The property itself is finished to the highest standard, and is located within the Maple Quays development and so benefits from access to the private and very well equipped gymnasium (open 24 hours)

**2 Bed £470 Per Week**



### Fairmont House, Maple Quays SE16

**NEW TO MARKET!** This is an absolutely stunning modern one double bedroom studio suite in Fairmont House, part of the Maple Quays at Canada Water. Situated on the third floor this luxurious apartment benefits from new fitted and integrated kitchen (integrated oven, hob, microwave, fridge freezer and dishwasher as well as a separate washing machine located in a separate laundry closet). The living room has its own spacious balcony overlooking the internal courtyard. The residents have access to a very well equipped modern, clean and private gym as well as a friendly concierge service. The building is located mere moments from Canada Water station on the Jubilee line and also you are within 3 minutes of a large shopping centre with its 24 hour supermarket.

**Studio Suite £325,000**



### Water Gardens Square

Located within the Water Garden Square, this spacious two bedroom apartment is just minutes away from the Canada Water station. The development benefits from a porter service, and there is secure underground car parking available by negotiation. This property is offered furnished to an impeccable standard, and benefits from solid wooden flooring. Modern open plan living and under-floor heating throughout. Bath bedrooms are an excellent size and boast modern & comfortable double beds and ample storage, the master suit also has an En suite bathroom. As you would expect in this great development, the kitchen is fully fitted with all modern appliances (integrated oven, hob, dishwasher, washing machine & fridge/freezer).

**2 Bed £420 Per Week**



### Ontario Tower, Maple Quays SE16

A fantastic opportunity to live on the fifteenth floor of Ontario Point! This shimmering 25 Storey tower houses this sumptuous one bedroom apartment on the 15th floor, which boasts uninterrupted views over the city skyline, including Tower Bridge, the Shard, St Paul's Cathedral, The London eye to name a few!

The development boasts a private and well equipped residents' gymnasium as well as 24 hour concierge service.

**1 Bed £620,000**

## AVAILABLE NOW!!! NEW REDWOOD PARK Development SE16

A selection of 1, 2 and 3 bedroom apartments available in the new **Redwood Park** development SE16

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